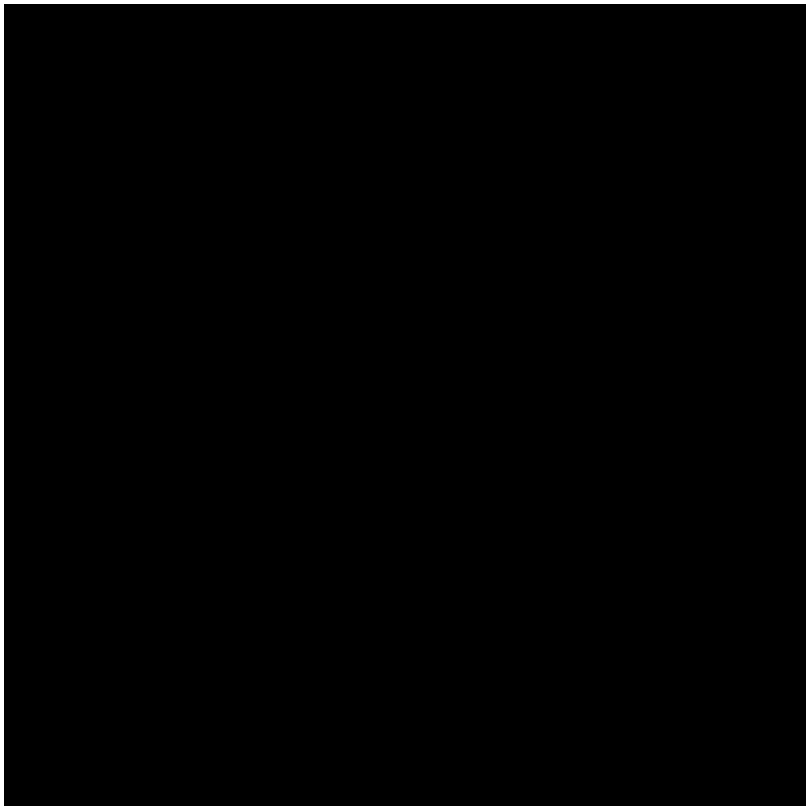
ARMY BOXING ASSOCIATION



AIDE MEMOIRE

SEASON 2015 EDITION

ARMY BOXING ASSOCIATION (ARMY BA) AIDE MEMOIRE

INTRODUCTION

1. Boxing in the Army is a much-valued sport in that it engenders many of the qualities we admire and encourage in our soldiers and is a most valuable medium in fostering team spirit and regimental ethos. The safety of the participants and sensible control of the sport in general are of prime importance. This document will assist all involved in Army boxing to ensure that the credibility of the sport is not lost through ignorance of the fundamental organisation necessary for effective command and control.

AIM AND AUTHORITY

2. The aim of this publication is to provide personnel tasked with organising boxing events or advising Commanding Officers with an accurate source of ready information in a simple, Service recognised format. This Aide Memoire is an approved code of practice and must be used as a reference document in conjunction with the publications below when training boxers or organising a boxing event. Failure to do so could result in disciplinary action being taken.

a. AIBA Technical Rules, Statutes and by laws.

b. Rules and Regulations of England Boxing

c. Combined Services Boxing Association (CSBA) Constitution and Rules.

This is available from Army Boxing Association (Army BA):

These documents and much more information about boxing in the Army is available to view and download on from:

www.britisharmyboxing.com

FORMAT

3. This Aide Memoire is designed to have stand-alone subject matter sections, which will facilitate a simplified photocopying process for intra-unit use.

AMENDMENTS

4. Amendments will be disseminated by the Army BA as requisite and the Aide Memoire updated on the Army BA website.

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SECTION 1 - ARMY BA CONSTITUTION

GENERAL

1 Army boxing is organised and controlled under the auspices of the Army Sport Control Board, sub-delegated to the Army BA. The Army BA is a member of the Combined Services Boxing Association (CSBA), which in turn is a member of England Boxing.

GENERAL COMMITTEE

The constitution of the ***General Committee*** shall be as follows:

President [an officer to be appointed in conjunction with the ASCB]
Chairman
Director ASCB
Senior Medical Advisor
One representative from HQ LAND Command, one representative from HQ NI, one representative from BA (G), one representative from each of the 3 HQ Sp Command Regions, one representative from ASPT and one representative from LONDIST.
Life Vice Presidents.
Honorary Vice Presidents.
Executive Committee Members as necessary (other than area representatives)
The Secretary

EXECUTIVE COMMITTEE

The constitution of the ***Executive Committee*** shall be as follows:

Chairman
Vice Chairman
Medical Advisor
Officials Representative
Coaches Representative*
Ladies Boxing Representative
The Army Team Manager
The Army Team Coach*
The Army Sponsorship Secretary
The Secretary

**Appointments usually combined*

MAJOR PANEL

The constitution of the Army Major Panel shall be as follows:
Officials Representative (to act as Chairman for meetings)
Coaches Representative
Members (See Section 6)

2 Each Regional or Formation Headquarters G7 PD Branch organises and runs boxing on behalf of the Army BA within its AOR through Regional Boxing Chairmen and Secretaries. Individuals seeking advice should address any queries via these points of contact (POCs) in the first instance. POCs can then act as, or direct enquiries to subject matter experts (SMEs).

DISCIPLINARY PANELS

3 Breaches of Army BA competition rules will be dealt with via a disciplinary panel, the composition of which will be decided by the Chairman Army BA. Representation of all Formation HQ Army BA Associations involved in the case will be included on such panels. The decision will be notified under arrangements issued by the Chairman Army BA.

4 Breaches/failings in officials' duties/performances will be dealt with via a disciplinary panel arranged under the direction of the Major Panel. The composition of the panel will be Chairman (the Regional representative), Officials representative, 2 x Army Grade A or above Referees and Secretary Army BA as independent member. The decision will be notified under arrangements issued by the Chairman Army BA.

ARMY BOXING ASSOCIATION CONTACT DETAILS

Secretary

Nathan Pearce
Army BA
Army Sport Control Board
MacKenzie Building
Fox Lines
Queens Avenue
Aldershot
GU11 2LB

TEL 94 222 7089
EMA**IL** npearce@ascb.uk.com

Registrations and Administration Officer

Diana Clark

TEL 94 222 7090
EMAIL dclark@ascb.uk.com

DIVISIONAL / REGIONAL SECRETARIES CONTACT DETAILS

1 (UK) Armoured Division

Maj Retd C White (BEM)
SO 3 G7 PD
HQ 1 UK Armd Div
Wentworth Bks
Herford
BFPO 15

TEL 94 882 3858
EMAIL 1UKXX-G7-PD-SO3@mod.uk

UK Support Command North (inc Northern Ireland)

WO2 QMSI S Mann RAPTC
Gymnasium
Infantry Training Centre
Catterick

TEL 94731 2635
EMAIL ITC-GymQMSI@mod.uk

UK Support Command Midlands

WO2 QMSI G Kirk RAPTC
Gymnasium
Churchill Lines
MOD St Athan
Vale of Glamorgan
CF62 4WA

TEL 95421 7710
EMAIL gavin.kirk506.mod.uk

UK Support Command South

WO2 QMSI C Bennett RAPTC
Gymnasium
Defence School of Policing and Guarding
Southwick Park
Fareham
PO17 6EJ

TEL 93835 4327
EMAIL DCPG-PSW-GYM-QMSI@mod.uk

London District

SMI G7 PD
HQ London District
Horseguards
WHITEHALL
London
SW1A 2AX

TEL 94631 2379
EMAIL LONDIST-SMIG7PD@MOD.UK

SECTION 2 – GENERAL INFORMATION

SEASON

1 The boxing season for 2014 / 2015 will run from Sept 2014 to 31 Dec 2015.

RULES

2 The Rules of Boxing in England are stipulated by England Boxing, the Army Boxing Association is governed by these rules except where as a service it imposes additional measures in line with service policy and governance for the safety and or bearing of the Army.

REGISTRATION

3 All Regular Soldiers involved in boxing (Boxers, Coaches and Officials) are to be registered with the Army BA or England Boxing (through Army BA). The Territorial Army and other entitled personnel who wish to register to box, coach or Officiate in Service competitions must register through the Army BA. The procedure for all registrations can be found at Section 4 – Registration

UNIT AFFILIATION

4 All units who wish to take part in any boxing are to ensure that they affiliate to the Army Boxing Association on a seasonal basis by completing Annex A to Section 4 and returning it to the Secretary of the Army Boxing Association at the commencement of the season, each successful application will be awarded a Certificate of Affiliation which will be copied to the Regional Secretary.

Registrations of boxers will not be completed until unit affiliations have been authorised and a certificate issued.

COMPETITIONS

5 Army BA competitions are held annually in the categories below, subject to sufficient entries from units/individuals. Secretary Army BA will notify the decision on which events are to proceed immediately after the start of the Army BA season and the degree of interest is known.

a. Male Elite – Team Events.

(1) Major Unit Development Class A Inter Unit Team Championships.
(2) Inter Unit Development Class A/B Inter Unit Team Championships*
(3) Minor Unit Development Class A/B Inter Unit Team Championships*
(4) Inter Corps Development Class A/B Championships*

b. Male Elite – Individual Events.

(1) Development Class A Championships.
(2) Development Class B Championships.
(3) Elite Championships

c. Male Youth – Individual Events.

Army Youth Boxing Championships

d. Females Elite – Individual Events.

(1) Class C Championships.
(2) Class B Championships.
(3) Class A Championships

* *results extracted from Individuals Championships*

Detailed format and instructions for the competitions are at Section 10 to this section. Specific format and instructions will be included in calling notices for competitions.

DEFINITIONS

BOXERS

Elite – The Term Elite is used to describe the age category of Male and Female boxers that can be described as;

Any boxer who will become 19 years old within the current calendar year,
to any boxer who is 40 years old within the calendar year. (see Sect 3para 2 C)

It may also include boxers who have turned 18 years old and who have elected to box within the Elite Boxing Category.

Development – A boxer with limited experience (See Sect 3Para 3).

Elite – An experienced boxer who meets the criteria in Sect 3Para 3 Elite Class Boxer.

NB Boxers can be classed as Elite Development.

OFFICIALS

Supervisor – The appointed official responsible for any technical related issues in the boxing competition.

Referee – The appointed official responsible for control of a singular bout.

Judge – One of a panel of officials appointed to score a boxing bout.

APPOINTMENTS

Army BA Secretary – Sports secretary employed by the Army Sport Control Board to oversee and manage boxing within the Army.

Regional Secretary – Appointed contact for all matters regarding boxing within a regional area

SECTION 3 - BOXERS

1. Boxing is a sport where the competitors are evenly matched and so all boxers have to be registered with a true record of their experience, their gender and their age. All of these criteria are detailed in this section to ensure that boxers are correctly registered.

AGE CATEGORIES

2 Boxers are categorised by Year of Birth and not Date of Birth. Age categories within the Army BA reflect those of England Boxing and are given below as:

a. Junior A junior boxer within the Army BA is deemed to be aged less than 17 years of age. Upon attaining his/her 17th birthday, an individual ceases to be a Junior boxer, irrespective of previous success in earlier rounds of current competitions.

b. Youth A youth boxer is a boxer that is 17 years and whose 19th birthday does not fall within in the current calendar year (18 yr old boxers who do not turn 19 years old in the calendar year may elect to box in the Elite category as of their 18th birthday).

c. Elite. A boxer who reaches the age 19 years within the next calendar year and over to a boxer who reaches 40 yrs old plus the remainder of the calendar year, or an 18 year old boxer who has elected to box within the Elite category.

(Coaches and Boxing Officers **MUST** be conversant on the rules of matching boxers (detailed in paragraph 7 of this section)

EXPERIENCE CATEGORIES

3. The experience categories within the Army BA reflect, where possible, those of the NGB and are given as:

Elite and Youth. Youth boxers experience categories are:

(1) Male Development Class 'A'. A boxer with 0-10 bouts recorded on his Registration Card or a boxer who is adjudged to be above the prevailing standard and has been upgraded.

(2) Male Development Class 'B'. A boxer with 11-21 bouts recorded on his Registration Card or a boxer who is adjudged to be above the prevailing standard and has been upgraded .

(3) Female Class C. A boxer with 0-5 bouts recorded on her Boxing Registration Card..

(4) Female Class B. A boxer with 6-10 bouts recorded on her Boxing Registration Card..

(5) Female Class A. A boxer with more than 10 bouts recorded on her Boxing Registration Card or who has competed in an Open Senior Championships, but has not won an Association Title.

(6) Male or Female Elite Class Boxer. A boxer who has entered an Open Championship or a boxer who has elected to box an Elite opponent.

Note: Pre-service experience (including junior bouts and all martial arts bouts) count towards a boxer's experience category

WEIGHT CATEGORIES

4. Weight categories boxers:

Male Elite Boxers

a. The following table lists the weight categories in which seniors can participate. Under **NO** circumstances are these categories to be altered, boxers must be matched against an opponent as stipulated in paragraph 7 of this section

WEIGHT CATEGORY	**WEIGHT CRITERIA**
Light Flyweight	Over 46kg, not to exceed 49kg
Flyweight	Over 49kg, not to exceed 52kg
Bantamweight	Over 52kg, not to exceed 56kg
Lightweight	Over 56kg, not to exceed 60kg
Light Welterweight	Over 60kg, not to exceed 64kg
Welterweight	Over 64kg, not to exceed 69kg
Middleweight	Over 69kg, not to exceed 75kg
Light Heavyweight	Over 75kg, not to exceed 81kg
Heavyweight	Over 81kg, not to exceed 91kg
Super Heavyweight	Over 91kg

b. Female Elite and Youth. The following table lists the weight categories in which females can participate. Under **NO** circumstances are these categories to be altered, nor may boxers be matched against an opponent outside of their weight category.

WEIGHT CATEGORY	**WEIGHT CRITERIA**
Light Flyweight	Over 45kg, not to exceed 48kg
Flyweight	Over 48kg, not to exceed 51kg
Bantamweight	Over 51kg, not to exceed 54kg
Featherweight	Over 54kg, not to exceed 57kg
Light weight	Over 57kg, not to exceed 60kg
Light Welterweight	Over 60kg, not to exceed 64kg
Welterweight	Over 64kg, not to exceed 69kg
Middleweight	Over 69kg, not to exceed 75kg
Light Heavyweight	Over 75kg, not to exceed 81kg
Heavyweight	Over 81kg

REGISTRATION OF BOXERS

5. All service boxers **MUST** be registered through the Army Boxing Association this is due to their status as employees of HM Forces. There are 2 types of registration Service Only Boxing and England Boxing Registration, details of the boxer's registration process can be found in Section 4 - Registration

a. Service Only Boxing – Boxing other Service personnel on Service property only

b. England Boxing – for boxers who wish to box civilians or off of service property.

ANNUAL MEDICAL

6. All boxers must undertake an Annual Medical and be passed Fit to Box by a Service Employed Dr prior to any boxing training (See Section 11 Medical Regulation of Service Boxing)

MATCHING OF BOXERS

7. When matching boxers coaches must consider the guidelines below;

Boxers should box against opposition within their own age, experience and weight categories wherever possible, the following exception may be considered;

A boxer may box an opponent that is not in the same weight category but they must be within the weight of the lowest weight category. i.e. a welter weight boxer (Welter weight category weight span 3.5kg) may box either a Light Welter Weight Boxers (span 3.5kg) or Light Middle Weight boxer (span 4kg), if there is less than 3.5kg difference in weight. Coaches and matchmakers should note that advice is that no boxer should concede weight and experience i.e. Boxer A has 5 bouts and weighs 65kg V Boxer B has 8 bouts and weighs 68kg. Advice from the ARMY BA is that matches are made to within 1kg.

GENDER RULINGS

8. Under **NO** circumstances are males and females permitted to spar or box each other competitively. Additional protection is required for females. Therefore, all female boxers are required to complete the certificate at Annex E to Section 11 at the start of boxing training and on every day of competition. On competition days it is to be handed to the OIC Weigh-In at the weigh-in. The OIC Weigh-In is to check the certificate for accuracy and hand it to the Official in Charge together with all other documents from the weigh-in. Upon completion of boxing, the certificate is to be retained in individual medical records.

BOXERS DRESS AND APPEARANCE

9. Boxers are to:

a. Youth and Female boxers only are to wear an AIBA-approved head guard during all forms of competitive boxing, Elite Boxers (boxers aged meeting the criteria in Para 2 sub para c of Section 3) will no longer wear head guards for competitive boxing. All boxers are to wear head guards during any sparring and any training activities involving a risk of head injury.

b. Have a personal gum shield, (dental-fitted mouth guards are strongly recommended) in place during all competitive boxing, including sparring and activities involving a risk of mouth injury. **Gum shields must not be red or partially red in colour.**

c. A groin/abdominal protector must be worn. (It is mandatory for females to wear chest protectors during all competitive boxing, military and civilian, and sparring sessions).

d. Wear boxing shorts, which must reach to mid-thigh, but not extend below the knee during competitive boxing. (Lycra type cycling shorts are not to be worn as the primary form of shorts, but may be worn under boxing shorts provided they are not visible).

e. A vest or singlet, properly fitting vests should be worn by competitors.

f. Wear boxing boots or trainers, without raised heels or spikes/cleats.

g. Wear socks that are visible above the boots/trainers.

I. All boxers must wear AIBA approved wraps or crepe type bandages when competing. A bandage must not be longer than 4.5 metres and not shorter than 2.5 metres. The bandage should be 5.7 cm (2 inches) wide and have a Velcro closure. **NO OTHER KIND OF BANDAGES MAY BE USED**.

j. Gloves AIBA approved gloves must be worn for all competitive boxing as;

Weight Categories below 64kg – 10oz gloves
Weight categories above 64kg – 12oz gloves

The weight of all competition gloves must be clearly marked on the cuffs in indelible marker.

This rule is appropriate for all genders ages and experience categories.

k. All boxers must be clean shaven.

l. Hair – All hair must be secured within the head guard use of hairnets, nylon swim caps or bandannas are encouraged if hair is long.

m. Soft Contact lenses may be worn (please note the rules regarding a boxer that wears contact lenses. (see AIBA Technical Rules page7 para 2.3.6).

n. Cavilon Barrier Cream must be applied by any boxer that boxes without a head guard. Clear instructions for the use of Cavilon are provided at Annex A to Section 3.

Cavilon has the following NATO Stock Number – 6510-99-147-7071

Female-Specific Rulings. Additional dress/attire rulings for females are:

i. Female boxers must wear chest protectors

ii. Female boxers must wear female abdominal protectors.

DURATION AND NUMBER OF ROUNDS AND INTERVALS

10. Within Army BA competitions the duration and number of rounds and intervals duration depends upon gender, experience and age considerations. The following table should be used to ascertain what format to use:

GENDER	AGE	COMPETITION	NO & DURATION	CHAMPIONSHIPS	INTERVAL
MALE	ELITE/ YOUTH	Elite	3 X 3 MINS	3 X 3 MINS	1 MIN
		DEVELOPMENT CLASS A	3 X 2 MINS	3 X 2 MINS	1 MIN
		DEVELOPMENT CLASS B	4 X 2 MINS	4 X 2 MINS	1 MIN
	JUNIOR	CLASS 1 & 2	3 X 1.5 MINS	3 X 1.5 MINS	1 MIN
		CLASS 3, 4 & 5	3 X 2 MINS	3 X 2 MINS	1 MIN
		CLASS 6	4 X 2 MINS	4 X 2 MINS	1 MIN
FEMALE	ELITE / YOUTH	CLASS A	4 X 2 MINS	4 X 2 MINS	1 MIN
		CLASS B	3 X 2 MINS	3 X 2 MINS	1 MIN
		CLASS C	3 X 2 MINS	3 X 2 MINS	1 MIN

BOXING AGAINST CIVILIAN OPPOSITION OR AT A CIVILIAN VENUE

11 When boxing against civilian opposition or in a civilian environment the Army BA must contact the Regional Association where the event is taking place and the Regional Association to which the opposing boxers are registered. Failure to do so means the show is classed as unlicensed and no boxer is insured for injury. Details on the procedures required are at Section 7 Annex B

RELATED RULES

MEDICAL SUSPENSIONS – any boxer who has a medical suspension must not train or box until they have had a full Annual Medical once the suspension has been served.

10 DAY RULE – No boxer may take part in competitive boxing if they have no competitive boxing experience and their Annual Medical is less than 10 clear days prior to the competition.

12 HOUR RULE – No boxer will be permitted to box twice in a single day unless a period of 12 hours has elapsed between bouts. Boxers must have a medical prior to each bout, (Guidance from Army BA is that no boxer should boxer twice in one day).

NUMBERS OF CONTESTS. – There is no longer a maximum number of bouts a boxer may contest. Coaches and boxing officers are to ensure that they manage their boxers considering the health and welfare of the boxer at all times.

User's Manual for Cavilon Cut Prevention

1. About Cavilon

Cavilon is a durable barrier cut prevention and a concentrated cut prevention application that:

- **protects red and strongly irritated skin by providing a long lasting barrier;**
- **provides moisture to dry skin;**
- **allows adhesive products to stick to the skin by increasing the adherence of some adhesive products as medical tapes (such as Steri-strip, adhesive dressing) and/or surgical glue**
- **NATO Stock Number - 6510-99-147-7071**

2. Protocol in Boxing Competitions

2.1. Protocol

- **A two grams single dose pack of Cavilon will be given to each Boxer's Coach for an IMMEDIATE**
- **application with examination gloves on the Boxer's face after the Daily Weigh-In.**
- **The daily pass for entering the Bout will not be provided if Cavilon has not been administered under the control of Officials. The Coach should necessarily wear examination gloves when**

Cavilon is applied on the Boxer's face.

2.2. First Application

- **The Boxer's face should be gently and thoroughly cleaned to make it dry (which will increase Cavilon's efficiency)**
- **Cavilon should be applied sparingly to cover each exposed area of the Boxer's face such as:**

(1) Over eyebrows

(2) Infra orbital area and malar bone

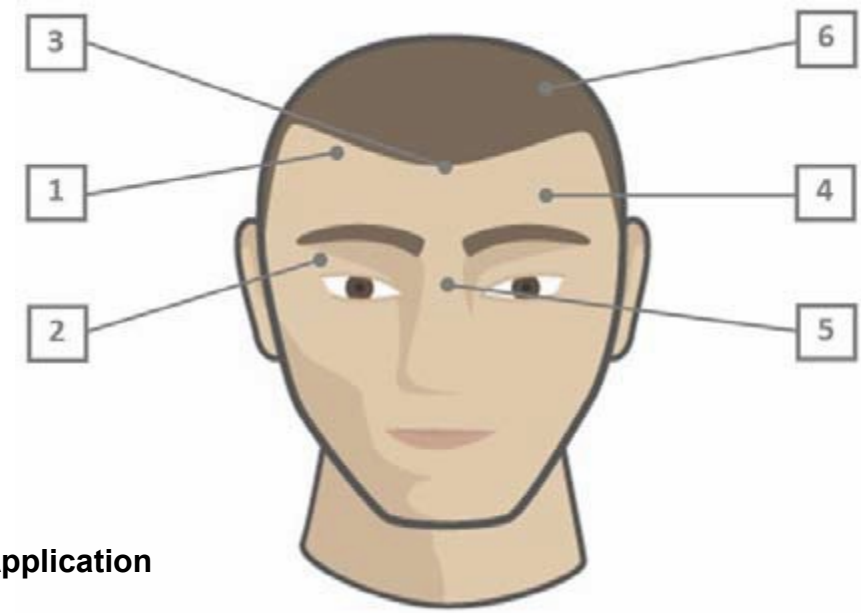
(3) Front and supra orbital area

(4) Under eyebrow (but avoiding the inside of the eyes)

(5) Nose bridge

(6) All the face and scalp

- **When all exposed areas are covered, the layer should be made more even by using a finger to cover the entire face until the limit of the scalp.**



2.3. Second Application

- **At least half an hour before the beginning of the Bout, the Coach must go to the Equipment Manager to be provided with a single use dose pack of Cavilon to be applied as above.**

- **When this is done, the Equipment Manager will give the Coach the boxing equipment as required.**

3. DO's and DON'Ts

	DOs	DONTs
BEFORE APPLYING CAVILON	**WEAR GLOVES AND CAREFULLY WIPE SKIN CLEAN**	**APPLY WITHOUT GLOVES, FAIL TO CLEAN SKIN**
CAVILON LAYER ASPECT	**CAREFULLY WIPE AND REMOVE THE EXCESS UNTIL THE APPLICATION IS TRANSPARENT**	**LEAVE THE APPLICATION AS A WHITE FILM**
DRYING THE SKIN AFTER APPLYING CAVILON	**ALLOW THE SKIN TO DRY**	**TOUCH OR DISTURB THE APPLICATION PRIOR TO DRYING**

SECTION 4 - REGISTRATION

1 All regular serving army personnel who wish to be involved in boxing **MUST** register through the Army BA as detailed throughout this section. Any non regular serving personnel who wish to take part in Service Boxing in any way must register through the Army BA.

a. Boxers. All boxers, irrespective of their age, gender or experience category, or the level of boxing they intend to participate at, are to register using the Boxing Registration Card application at Annex B to Section 4. Boxers participating in Service Boxing will have this clearly marked in their Registration book, those who wish to box against civilian opposition will have an England Boxing stamp authorising them to do so. The procedures to be followed for initial registration and annual re-registration thereafter is given at para 3.3.

b. Season. The Army BA boxing season runs from 1 Sept 2104 to 31 Dec 2105. In compliance with England Boxing guidelines for audit, units/individuals are to ensure that any application for registration in the current season are at the Army BA office for processing at least 4 weeks prior to tournament or Championships.

c. Coaches. All coaches are to register on qualifying and to re-register annually thereafter, in accordance with the procedure given at para 3.4. All coaches are to ensure that they are registered with the Army BA prior to the commencement of coaching.

d. Officials. All officials are to register on qualifying and to re-register annually thereafter, in accordance with the procedure given at para 3.5.

UNIT

2 All units who wish to take part in any boxing are to ensure that they affiliate to the Army Boxing Association on a seasonal basis by completing Annex A to Section 3 and returning it to the Secretary of the Army Boxing Association at the commencement of the season, each successful application will be awarded a Certificate of Affiliation which will be copied to the Regional Secretary

BOXER

3 Boxers Registration Procedure. The registration process for boxers is:

a. Initial Registration.

(1) Individual Registration Proforma (Annex B to Section 4) is to be completed for every boxer.

(2) A nominal roll (word processed/typed) (Annex C to Section 4) of all boxers being registered is compiled by the unit. It is to be thoroughly checked by the Boxing Officer and signed as being 100% accurate.

(3) A Registration Fees Proforma (Annex D to Section 4) is completed. The registration fee of £5 per individual for Service Boxing or £11 per individual for boxing against civilian opposition must be met via UK cheque made payable to **ARMY SPORTS CONTROL BOARD CENTRAL BANK or ASCB CENTRAL BANK**

(4) A passport sized photograph, with Number Rank and Name in BLOCK CAPITALS on the back.

(5) Each boxer is to ensure they have had an Annual Medical as detailed in Section 11 Annex A.

(6) Annex B to Section 11 requires to be date stamped and signed by the Medical Officer or Doctor to say that the Boxer is Fit to Box, and signed by the Boxer stating that he/she is aware of the dangers of boxing and by signing gives their consent to box, this element MUST also be witnessed by the Dr who conducted the Annual Medical.

(7) Completed Annexes, B, C, & D of Section 4 and Annex B to Section 11 with a passport photograph with Name, rank and number are forwarded to Army BA at the address shown on annexes with your previous seasons Registration Card. If the Registration Card is lost a letter from the Unit Boxing Officer is required for verification (lost Registration cards will invoke a 28 day exclusion from boxing from the date of receipt of the application by the Army BA).

(8) Previous Boxing Experience. Boxing Officers must brief all boxers on initial registrations of the degree of severity which false declarations or failure to disclose any previous boxing experience, either as a civilian (including junior bouts) or in-Service, will be dealt with. All Registration Cards including ME3 from previous civilian club are to be forwarded to Sec Army BA together with the application for registration. Breaches of declaration of previous boxing experience will be dealt with via a disciplinary panel convened under direction of Chairman Army BA. Proven cases will result in disqualification of the individual and unit from the competition. Disciplinary action may also be recommended.

(9) A Boxer who has competed at an amateur level in any Individual Physical Contact Sport is eligible to register as an Army BA boxer, at any level, under the following conditions:

i. When an amateur athlete from any Individual Physical Contact Sport turns to Boxing, The individual must inform the Army BA who will notify England Boxing who in turn shall inform AIBA officially in a written letter and AIBA will then register this information in the AIBA Database.

ii. England Boxing is responsible for ensuring that the amateur athlete will only start participating in all official sanctioned National Level Competitions including National Championships a minimum of at least one (1) year after the amateur athlete has registered in boxing from another Individual Physical Contact Sport based on the history of the athlete in the concerned sport(s). If there is any issue in this regard, the case will be reviewed by the AIBA Technical & Rules Commission for a final decision.

iii. In addition, the Boxer may not participate in any other Individual Physical Contact Sport during this time.

iv. The Boxer must have competed in at least one (1) National Championships organized by the National Federation the Boxer is representing before being eligible to participate in any AIBA Competition.

(10) Female Boxers – Female Boxers must complete a Female Boxers Declaration Form (Annex F to Sect 11)

b. Re-registration. A Registration Book is valid for 1 year (1 Sept 2014 – 31 Dec 2015) for the season annotated (Army BA / England Boxing sticker). It must be renewed annually

thereafter. The process to follow is as for initial registration. Boxing outside of the expiry date of the sticker or via a civilian (ie non-Service Boxing) is not permitted.

Note: It is mandatory for the Army Boxing Team boxers to re-register annually with England Boxing. Army BA pays for registrations.

c. Unit Action – Boxing Registration Cards. Boxing Registration Cards are considered to be accountable documents. Therefore, units are to initiate a policy that will ensure that the Registration Card is safeguarded against loss, damage or defacement. Upon receipt from Army BA (unless already actioned) Boxing Officer is to:

(1) Insert a passport-sized photograph of the individual inside the front cover and endorse it by over stamping with the unit stamp.

(2) Certify that the photograph is a true likeness of the individual and sign to this effect.

a. Amendments. The Boxing Registration Card is not to be altered in any manner within units. Sec Army BA only can effect amendments to a Boxing Registration Card. Details of the changes required and the Boxing Registration Card are to be returned to Sec Army BA for action.

e. Action on Posting. On posting from the unit, the Boxing Registration Card is to be forwarded to the new unit together with the individual's medical documents. Should a Boxing Registration Card be lost/misplaced between postings, the unit that received the Boxing Registration Card from Sec Army BA is to complete a statement relating to the loss, the action taken to find it and then forward the statement to Sec Army BA.

f. Lost Boxing Registration Card/ Duplicate Card. The loss of a Boxing Registration Card will result in an automatic 30 day* suspension, the start date of which shall be when Sec Army BA receives the application for replacement. Applications for replacement Boxing Registration Card are to adhere to the policy for initial registration and be accompanied by a letter of explanation of the loss/action taken to find it and the fee of £5 / £11 in the form of a UK cheque.
** This suspension is to investigate the loss and record of the boxers and to ensure any medical suspension that may have been imposed is spent (medical suspensions are annotated in a boxers record book and are not routinely transferred to a soldiers Medical Documents).*

COACH

4 Coaches Registration Procedure. ENGLAND BOXING coaches are required to register on initial qualification and annually thereafter. Coaches are to register initially either with ENGLAND BOXING or Army BA and re-register annually with either Army BA (service only boxing) or ENGLAND BOXING as described below:

a. Initial. Upon receipt of the England Boxing Certificate from the Coaches' Representative, photocopy the certificate, complete Individual Registration Application (Annex E to Section 4) and forward, together with a UK cheque (for £22 for civilian boxing and £5 for service boxing) Central Bank Army Sports Control Board **and JPA printout demonstrating a pass at MATT 3 Battle Casualty Drills Training Level 2** to the address shown on Annex E Civilian boxing will require applicants to apply for Disclosure and Barring Service clearance (see Section 4 para 6).

b. Re-registration. A coach's record book is valid for the season shown on the sticker (1 Sept 2014 – 31 Dec 2015). It must be renewed annually, thereafter. The process to follow is to forward the registration book, completed Annexes D & E **and JPA printout demonstrating a pass at Battle Casualty Drills Training Level 2** with a UK cheque for:

(1) England Boxing registration - £22 made payable to Central Bank Army Sports Control Board.

(2) Army BA registration (service only boxing) - £5 made payable to Central Bank Army Sports Control Board to Sec Army BA at the address shown on Annex D. Coaching outside of the expiry date of the sticker is not permitted. Coaches are responsible for the safekeeping and updating of their registration books. Coaches not in possession of valid ENGLAND BOXING registration are not permitted to participate in any activity (coaching, seconding, handing up, etc) when civilian boxers are involved.

Note: It is mandatory for the Army Boxing Team Coaches re-register annually with England Boxing . Army BA pays for registrations.

OFFICIALS

5 Officials Registration Procedure. England Boxing officials are required to register on initial qualification and annually, thereafter. Officials are to register initially either with Army BA and re-register annually with either Army BA as one of two options; service only boxing or for civilian boxing. Registration procedures are the same unless stated.

a. Initial. Officials are registered initially by the Course Tutor (e.g. for courses conducted at ASPT, tutor will notify Army BA of results and send collated applications and payments to Army BA). Individuals qualifying under non-collective arrangements (e.g. individual attendance at civilian course) are to provide proof of qualification on application. All applications for registration should be made on Officials Registration Application Annex F to Section 4.

b. Re-registration. An official's record book is valid for the season shown on the sticker. (1 Sept 2014 – 31 Dec 2015). It must be renewed annually, thereafter. The process to follow is to forward the registration book, completed Annex D &F and a UK cheque for:

(1) England Boxing registration - £22 made payable to Central Bank Army Sports Control Board. Some officials are required to submit Disclosure and Barring Service Applications to take part in civilian events. (See paras 6 – 9 of this Section for detail)

(2) Army BA registration (service only boxing) – is **FREE** at the address shown on Annex F. Officiating outside of the expiry date of the sticker is not permitted. Officials are responsible for the safekeeping and updating of their registration books. Officials not in possession of valid ENGLAND BOXING registration are not permitted to participate in any activity (refereeing, judging, timekeeping, recording, etc) when civilian boxers are involved.

Note: It is mandatory for all Major Panel officials to re-register annually with England Boxing through the Army BA. Army BA pays for Major Panel registrations.

CRIMINAL RECORDS BUREAU / DISCLOSURE AND BARRING SERVICE

6 Government and Criminal Records Bureau (CRB) legislation stipulates that CRB clearance is required by individuals participating in sports administration (e.g. coaches and officials) and that CRB clearance for the sport concerned is valid only when affected via the NGB-appointed umbrella body. This ruling means that CRB clearances are non-portable between organisations. The relevant NGB for Service Boxing (England Boxing) has appointed 1ST ACE LIMITED as the CRB umbrella body.

7 England requires a number of personnel involved in boxing administration (e.g. coaches, officials, etc-but not boxers) to be CRB cleared for valid registration. The CSBA, under the aegis of MOD, has agreed that CRB policy be dictated at single-service level. Army BA policy, recognizing that the majority of personnel involved in boxing do so in a service-only boxing environment, is that:

a. Major Panel Officials and the Army Boxing Team Coaches – mandatory CRB clearance (Army BA pays)

b. All other coaches and officials as detailed below are strongly recommended to apply for DBS clearance. Personnel without valid DBS clearance will not be allowed to participate in any boxing activity when civilian boxers are involved.

8 The procedure for DBS clearance is detailed below. DBS clearance is valid for 3 years.

PROCEDURES FOR DISCLOSURE AND BARRING SERVICES (DBS)

9. The following developments have been accepted by the England Boxing in line with legislative and procedural changes in Government Disclosure and Barring Service (DBS) policy.

10. The requirement of a DBS and barred check apply to the following (DBS application form required):-
Coaches, Welfare Officers, Team Managers, Coach and Official Educators and Assessors, OIC's, Designated drivers that are designated by the club/ENGLAND BOXING to transport athletes.

11. DBS (not barring list) on the following (DBS application form still required):-

Boxing Leaders, Boxing Tutors, Referees.

12. The umbrella requirement has been lifted, therefore the following no longer need a DBS qualification. Committee Members, Cleaners, Canteen staff, Masters of Ceremonies, Timekeepers, Recorders, Judges, Photographers, Club Support Officers.

13. This list is based on legislative requirement of assessing contact with children and the frequency. Welfare Officers need to be aware of situations within their clubs where circumstances do not fit the norm and to require DBS certificates outside this list.

STAGES OF THE DBS CHECKING PROCESS

14. The DBS checking process involves several different stages before an applicant receives their certificate of Disclosure (Clearance).

15. Applicants need to apply for a DBS form from the Army BA (all appointments and positions in paras 10 & 11).

16. Applicants required to fill out the DBS form (please do not fill in the last page), and return it to Army BA along with relevant documentation detailed in the initial paperwork along with a cheque for £8.00 (made payable to 1st Ace).

17. Army BA check that the form is completed correctly and then sends the form to 1st Ace, and the documentation back to the applicant.

18. Application form received by 1st Ace and validated

19. The application form is checked for errors or omissions. Within 24 hours of receipt the form is either scanned onto the DBS computer system or returned for correction to the counter signatory.

20. Police National Computer searched.

21. Children and adults lists searched, where applicable

22. Records held by the police searched.

23. Enhanced checks are sent by secure, electronic means to the police for an additional check of local records before the information is sent back to the DBS.

24. DBS certificate printed

25. All the information to be disclosed is printed under highly secure procedures and sent to the applicant.

26. On receipt of Disclosure Certificate the applicant must send it on to 1st Ace. If you wish to have the disclaimer returned you must enclose a stamped addressed envelope (or you can photocopy it for your own records).

27. Once received by 1st Ace, the applicant will then be registered and added to the DBS database.

ANNEX A TO
SECTION 4
ARMY BA AIDE MEMOIRE 2015

UNIT AFFILIATION PROFORMA

Unit Title …….

Unit Address …….

…….

MAJOR UNIT		MINOR UNIT	

UNIT BOXING OFFICER

Rank …… Name ……..

Tel …… Email ……..

UNIT BOXING FORECAST

This unit expects to take part in the following boxing competitions or events;

COMPETITION	**YES / NO**	**DATE**
Army Boxing Development Boxing Championships		
Army Individual Boxing Championships		
Inter Company Boxing		
Charity Boxing Night		

COACHES

This unit has the following qualified boxing coaches on unit strength

RANK	NAME	QUAL HELD	REG NO	Season last registered

OFFICIALS

This unit has the following qualified boxing officials on unit strength

RANK	NAME	QUAL HELD	REG NO	Season last registered

EQUIPMENT HELD

BOXING RING .

MANUFACTURER/ SUPPLIER	
DATE OF PURCHASE	

SERVICABILITY OF THE BOXING RING AND BOXING EQUIPMENT

The Boxing ring held has a platform that is a minimum of 100cm off the ground (Competition Rings only – Training Rings for Sparring must conform to all points below).
The platform must be safely constructed, level and free from any obstructing projection. It must be fitted with four corner posts with four corner pads in order to prevent injury to the boxers
The floor must be covered with felt, rubber or other suitably approved material that is soft quality and elasticity. It must not be less than 1.5cm and no more than 2.0cm.
The canvas must cover the entire platform and must be made of non-slippery material.
The ring must include four separate ropes on each side of the corner posts. They must be 4cm thick.
The heights of the four ropes must be 40cm, 70cm, 100cm, and 130cm from the canvas.
The four ropes must be joined on each side of the ring, at equal intervals, by two (2) pieces of material (close to the texture of the canvas) 3 to 4cm wide. The two pieces must not slide along the rope.
The tension of the ropes is to be appropriate. (Provide support to a defending boxer).

All Rings are to be sited with a minimum of 2m clearance from the platform to any obstacle.

The Boxing Gloves and Head Guards are checked regularly for serviceability (tears, rips, damage to padding and cleanliness)

The Boxing Bags and Pads are checked regularly for serviceability (tears, damage to padding, damage to chains or fixings)

Signature of Health and Safety Officer…….

Print Name ……

Signature of Level 2 Coach or RAPTCI ……

Print Name and appointment……

INDIVIDUAL BOXER'S REGISTRATION APPLICATION 2015

**Applications are to be accompanied by Nominal Roll (Annex C), Registration Fees proforma (Annex D) and Passport sized photograph of boxer (NAME + SERVICE NUMBER written on reverse)*

APPLICANT'S DETAILS (BLOCK CAPITALS)

REGTL NO	RANK	SURNAME	First Names	GENDER (M/F)

BOXING REG NUMBER (Renewal only)	Civilian Club if previously registered	Date of Birth	UNIT

APPLICATION TYPE (1 x application is required for every individual)

SERVICE BOXING ONLY (NEW OR RENEWAL)	**New** Never registered with Army BA or England Boxing		**England Boxing to Box Civilians** (NEW OR RENEWAL)	**New** Never registered with Army BA or England Boxing		**LOST OR REPLACEMENT CARD** (Only if appropriate)	
	Renewal Registration book is required to accompany this application			**Renewal** Registration book is required to accompany this application			

Lost cards – any lost or destroyed card will result in the immediate suspension of the boxer for a minimum of 30 days. This will occur regardless of how lost or damaged (see Section 4 Para Boxer sub para Lost Cards)

Service Boxing Only – Boxing other soldiers or RAF or R Navy personnel. (£5)

England Boxing Registration – For soldiers who wish to box civilians (£11)

All boxers and coaches are required to complete the remainder of this application and declaration overleaf.

PREVIOUS EXPERIENCE

All boxing applications will be subject to an internet and database search by the ARMY BA Registrations Officer. All boxers and coaches are to ensure that the declarations made on applications are accurate, failure to do so will result in the suspension of the boxer may result in the suspension of the coach and could result in disciplinary action for both.

1. All boxing and combat sports experience must be declared on initial registration, including intra-unit bouts.
2. Enter total number of bouts, including those prior to enlistment (*including Junior / Youth bouts*).

Definition of an Individual Combat Sport

"Individual Physical Contact Sport" means any of the following sports in any of its forms: Aikido, Boxing, Cage Fighting, Judo, Ju-jitsu, Karate, Kendo, Kickboxing, K-1, Muaythai, MMA, Sambo, Savate, Sumo, Taekwondo, Wrestling, Wushu and such other sports as may be deemed by AIBA to be an individual physical contact sport.

PREVIOUS BOXING EXPERIENCE						COMBAT SPORT EXPERIENCE	
JUNIOR		YOUTH		ELITE		SPORT ……..	
WIN	LOSS	WIN	LOSS	WIN	LOSS	WIN	LOSS

I (BOXER NAME)……..declare that the above information is true and no details have been omitted. I understand that false information or non-declaration will result in serious consequences including possible disqualification of myself / team and subsequent disciplinary action. The seriousness of any such failure has been fully detailed to me by my Boxing Officer/Team Coach.

SIGNED Boxer: ……..……..

SIGNED Head Coach ……Print Rk & Name…….

SIGNED Boxing Officer…….Print Rk & Name ……

NOMINAL ROLL OF REGISTRATION APPLICATION 2015

Annex C to Section 4
ARMY BA 2015

UNIT ……

DATE OF BOXING COMPETITION ……

The following personnel are applying for registration as boxers:

SER	NUMBER	RANK	SURNAME	FIRST NAMES	M / F	DOB	BOXING REG NO
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							
21							
22							
23							
24							
25							
26							
27							
28							
29							
30							
31							
32							
33							
34							
35							

This nominal roll **must** be word processed/typewritten and details thoroughly checked for accuracy **before** submission.

REGISTRATION FEES PROFORMA 2015

Army BA 2015

1. This form should be used for registration/re-registration of all boxers, coaches and officials and accompany the relevant Annexes relating to the category of applicant.

	Number required	Cost per registration	Total Cost
SERVICE BOXING ONLY (BOXER)		£5	
England Boxing (BOXER)		£11	
SERVICE BOXING ONLY (COACH)		£5	
England Boxing (COACH		£22	
SERVICE BOXING ONLY (OFFICIAL)		NIL	
England Boxing (OFFICIAL)		£22	
GRAND TOTAL OF ALL REGISTRATIONS £			

2. Payment must be via UK cheque made payable to:

Army Sports Control Board Central Bank

To be completed by Boxing Officer

Signature:……..……...

Rank and Name: ……..

Unit: ……

Address: ……..

Tel No: …….. Fax No: …….

Mobile No: …… E Mail: ……

3. Send all completed Boxers Registrations, a typed nominal roll and the registration fees proforma to;

Secretary Army Boxing Association
Army Sport Control Board
MacKenzie Building
Fox Lines
Queens Avenue
Aldershot
Hampshire
GU11 2LB

Send to: Sec Army BA
MacKenzie Building
Fox Lines
Queens Avenue
ALDERSHOT
Hampshire
GU11 2LB

ANNEX E TO
SECTION 4 TO
ARMY BA AIDE MEMOIRE 2015

COACHES REGISTRATION APPLICATION

APPLICANT DETAILS

NUMBER	RANK	SURNAME	FIRST NAMES	REGISTRATION NUMBER	D O B

DATE OF QUALIFICATION	LEVEL OF COACHING QUAL APPLIED FOR (TICK APPROPRIATE BOX)			
	LEVEL 1		LEVEL 2	

PROOF OF MANDATORY ANNUAL TRAINING TEST 3 BATTLE CASUALTY DRILLS AT LEVEL 2 OR 1 (OR FIRST AID AT WORK CERT PLUS PROOF OF COACHING QUALIFICATION IS REQUIRED FOR EVERY APPLICATION

APPLICATION TYPE

Service Only – You may only coach service personnel on service property and you may only coach in the corner at Service only boxing events**.**

Civilian Registration – This registration will allow the holder to coach civilian boxers and to take military boxers to civilian events. (A 1st ACE Disclosure and Barring Service Check is reqd).

Type of registration required. (tick 2 boxes)

Initial	**Renewal**	**Service**	**Civilian**

All cheques made payable to

ARMY SPORTS CONTROL BOARD CENTRAL BANK

Please return my registration book to:-

Rank and Name: ……..

Unit: ……

Address: ……..

Tel No: ……..Mobile No: ……

E Mail: …… Date: ……

Send to: Sec Army BA
MacKenzie Building
Fox Lines
Queens Avenue
ALDERSHOT
Hampshire
GU11 2LB

ANNEX E.1 TO
SECTION 4 TO
ARMY BA AIDE MEMOIRE 2015

MATT 3 LEVEL 2 CONFIRMATION LETTER

APPLICANT DETAILS

NUMBER	RANK	SURNAME	FIRST NAMES	REGISTRATION NUMBER	D O B

THIS IS TO CONFIRM THAT THE ABOVE NAMED PERSON HAS PASSED HIS/HER MANDATORY ANNUAL TRAINING TEST NUMBER 3 – BATTLE CASUALTY DRILLS AT LEVEL 2 OR LEVEL 1

DATE PASSED:……..

TRAINING OFFICER DETAILS (PLEASE PRINT)

RANK:……..INITS:……NAME:……..TEL

NO:……

SIGNATURE:……

COACH SIGNATURE:……..

UNIT STAMP

SEND TO Sec Army BA
MacKenzie Building
Fox Lines
Queens Avenue
ALDERSHOT
Hampshire GU11 2LB

ANNEX F TO
SECTION 4 TO
ARMY BA AIDE MEMOIRE 2015

OFFICIALS REGISTRATION APPLICATION

APPLICANT DETAILS

NUMBER	RANK	SURNAME	FIRST NAMES	REGISTRATION NUMBER	D O B

QUALIFICATION HELD (CIRCLE ALL QUALS HELD)				
Judge	Tkpr	Referee	Supervisor	Computer Tech

PROOF OF QUALIFICATION IS REQUIRED FOR INITIAL APPLICATIONS

APPLICATION TYPE

Information

Service Only – You may only officiate at Service only boxing events (IE**. Service Boxer vs Service Boxer on either civilian or service property). No payment required.**

Civilian Registration – This registration will allow the holder to officiate at civilian events. (A 1st ACE Disclosure and Barring Service Check may be reqd see Section 4 para 6 DBS).

Type of registration required. (tick 2 boxes)

Initial	**Renewal**	**Service**	**Civilian**

All cheques made payable to

ARMY SPORTS CONTROL BOARD CENTRAL BANK

Please return my registration book to:-

Rank and Name: ……..

Unit: ……

Address: ……..

Tel No: ……..Mobile No: ……

E Mail: …… Date: ……

ANNEX G TO
SECTION 4 TO
ARMY BA AIDE MEMOIRE 2015

OFFICIALS AND COACHES REFRESHER CONFIRMATION

Details of person being refreshed

Rank …… Name …….. Unit ……..

Qualification being refreshed

…….

Details of assessor

Rank …… Name …….. Unit ……..

Qualification of Assessor ……

Date of Assessment …….

Location of Assessment …….

Signature of Assessor …….

Please return with appropriate registration Annex (**E Coaches or F Officials)** and your registration fee to

Secretary
Army Boxing Association
Army Sport Control Board
MacKenzie Building
Fox Lines
Queens Avenue
Aldershot
Hants
GU11 2LB

SECTION 5 – COACHING

1 The role of a coach is two fold provide fitness, skills and technical training for a boxer in preparation for a bout and then to provide tactical advice for the boxer during a bout.

2 The coach is responsible for the development and safety of the boxer during any training, any coach **MUST** hold a current valid qualification and be registered with the Army BA prior to the commencement of any boxing training. Coaches are expected to be fully conversant with the rules of boxing. Registration procedures are detailed in Section 4 and coaches should register using Annex E to Section 4.

QUALIFICATIONS

3 The current qualifications and the period of validity of amateur coaches are;

a. Level 1 – Valid for 3 years from the date of qualification, there is no refresher for this qualification. Level 1 coaches must upgrade to Level 2 after a minimum period of 1 year or re-qualify at Level 1 after three years (See Para 20 of this section with reference to upgrading to Level 2)

b. Level 2 – Valid for 3 years from date of qualification, after which a refresher may be taken, this must be annotated on the Refresher Proforma at Section 4 Annex G. To upgrade to Level 3 a Level 2 Coach must have practised for a minimum period of 2 years and have a recommendation from the Army Boxing Coach.
Any Level 2 coach who has no activity in their registration book or who has not registered for 3 years will revert to Level 1.

c. Level 3 and 4 – Valid for 3 years from date of qualification, after which a refresher must be taken, this must be annotated on the Refresher Proforma at Section 4 Annex G. A Level 3 Coach must have practised for a minimum period of 2 years and have a recommendation from a Level 4 Coach.

4. All coaching qualifications are only considered valid in conjunction with one of the following qualifications ;

a. First Aid at Work Certificate – Valid for 3 years

b. Mandatory Annual Training Test 3 (Battlefield Casualty Drills) at a minimum of Level 2 – Valid for 1 year.

HIERARCHY OF QUALIFICATIONS AND LIMITATIONS

5. Any boxing team or club must have a minimum of a Level 2 coach to oversee any coaching or training plan that is to be delivered by any number of Level 1 coaches. Any unit that has an aspiration to box at any level, Inter Company/Squadron or Inter Unit or Charity events involving civilians must register the coaches in advance of the commencement of training.

SAFE PRACTICE

6. A Level 2 Coach must be in attendance if any Sparring (other than Technical Sparring) is to take place.

7. Prior to any training coaches are to ask boxers to declare if they are fit to take part in the scheduled training paying particular attention to reports of headaches. Any boxer that reports with a headache should be directed to the Medical Centre.

8. All coaches involved in training boxers must be aware of unit emergency action plans for accidents and incidents.

9. Risk assessments for Sparring can be found as an Annex A to Section 5, the Risk Assessment only includes the generic risks, and coaches must add any local risks as necessary. Coaches should also refer to Sparring Safety (Annex K to Section 11)

TRAINING

10. The training of a boxing team or boxer in the Army is more often than not governed by work and unit commitments, therefore the training plan should reflect this, to allow a boxer to adapt to coaching and to elevate their fitness to a level appropriate to box competitively a period of 6 weeks is suggested. This does not have to be full time but should incorporate fitness and skills training.

11. A suggested unit training plan is provided at Annex B to Section 5 this can and should be adapted to suit your unit commitments and the ability of your boxers.

12. Coaches are to ensure all boxers have been declared “Fit to Box” and are in possession of a current Annual Medical (Section 11 Annex B) before starting any form of boxing training.

13. Coaches are expected to maintain the highest standards of conduct and are to highlight to the Unit Boxing Officer any irregularity that may be present in a boxer’s declaration of experience. The Unit Boxing Officer is to notify the Army BA Sec of any such irregularity.

COMPETITION

14. The role of the coach for competition is to ensure the boxer is at the appropriate weight and is matched appropriately according to weight and experience (See Section 3 para 7). The Supervisor of the boxing will authorise the bout only if both coaches agree to the bout and that both boxers are matched appropriately. To coach the boxer between rounds of the bout.

15. Any registered qualified coach may be in the corner during a bout, coaches may communicate with their boxer during the bout but are not permitted to shout, to clap, to encourage or incite the spectators. Coaches are not permitted to touch the ring during the progress of the round or cause a distraction or disturbance to the bout.

16. Coaches must remain seated in the designated coaches seating area during the progress of a round.

17. A boxer’s safety during a bout is the responsibility of the referee, a coach may retire a boxer between rounds by indicating to the referee, or during a round by “throwing in the towel”.

18. 3 Coaches may be “in the corner” for a boxer but only 1 may enter the ring, only 1 may stand on the apron of the ring and the last must remain on the floor of the gym/hall.

19. Service Boxing Coaches less those seconding Single Service Boxers in the Inter Service Championships or Single Service Coaches seconding a CSBA boxer in the Elite Open National Championships may administer any substance to manage a cut boxer.

COACHING COURSES

20. Courses for Level 1 and Level 2 coaches are run at public expense at the Army School of Physical Training and can be found in the course publication Pamphlet 16A and dates are as follows;

Level 1 Coaching Courses	Level 2 Coaching Courses
12 – 16 Jan 2015	27 – 31 Oct 2014
8 – 12 Jun 2015	4 – 8 May 2015
7 – 11 Sept 2015	12 – 16 Oct 2015
28 Sept – 2 Oct 2015	
18 – 22 Jan 2016	
21 – 25 Mar 2016	

Applications for courses are to be made through the Training Wing at the ASPT. 94 222 2112 All course dates are subject to change dependant on unit commitments and the availability of tutors.

21. Coaching courses can be run at unit or regional level for both Level 1 or Level 2 qualifications. Such courses are to be funded individually. Any person planning a course must contact the Army BA Secretary to arrange appropriately qualified Tutors and Assessors.

22. Criteria for attending Level 1 and Level 2 coaching courses are as follows are below and must be strictly adhered to

Level 1 - Applicants must have an understanding and enthusiasm for the sport of boxing.

Level 2 – Upgrade from Level 1 to Level 2

Applicants must have held a Level 1 qualification and have been registered with the ARMY BA for a minimum of1 year, MUST be in date, MUST NOT have allowed 3 yrs to have elapsed since qualifying at Level 1.

Renewal at Level 2

Applicants must hold a Level 2 qualification that is due to lapse within a year or has lapsed by less than 6 months (Level 2 qualifications last for 3 years from the date of qualification).

Failure to meet the criteria detailed above will exclude coaches from attending courses. There will be no exceptions.

ADVICE

20. Advice on coaching is available from the Army Boxing Coaches on 94 222 3181.

WEEKLY TRAINING PROGRAMME – WEEK 1

	0800-0900	0915-0945	1100-1215	1230-1345	1400-1530	Remarks
Mon	3 Mile Steady State	**B/Fast**	Rest	**Lunch**	4x2 Pad Shuttles 2 x Ton Ups	
Tue	1.5 Mile Timed Core Stability	**B/Fast**	Tech Clinic Foot Work Straight Shots (Basics)	**Lunch**	Tech Spar (Basics, Straight Shots, Footwork)	
Wed	Rest	**B/Fast**	All Round Body Circuit	**Lunch**	Rest	
Thu	4 Mile Steady State	**B/Fast**	Skill Drills (Basics)	**Lunch**	Tech Spar (Basics, Straight Shots, Footwork)	
Fri	2 Mile Steady State Core Stability	**B/Fast**	4x2 Equip Themed 4x2 Skip	**Lunch**	Rest	
Sat	**Rest Day**					
Sun	**Rest Day**					

WEEKLY TRAINING PROGRAMME – WEEK 2

	0800-0900	0915-0945	1100-1215	1230-1345	1400-1530	Remarks
Mon 28/09/09	3 Mile Steady State	**B/Fast**	Tech Pads Straight shots, Footwork	**Lunch**	All Round Body Circuit	
Tue	MSFT Core Stability	**B/Fast**	Tech Clinic Defence/Counters	**Lunch**	Tech Spar (Defence, Counters, Straight Shots, Footwork)	
Wed	Rest	**B/Fast**	Weights Circuit	**Lunch**	Rest	
Thu	3.5 Mile Steady State	**B/Fast**	Rest	**Lunch**	3x1 Pads Conditioned Spar 4x2s 2 x ½ Ton Up	
Fri	Intervals Core Stability	**B/Fast**	4x2 Skip 4x2 Pads Conditioning	**Lunch**	Rest	
Sat	**Rest Day**					
Sun	**Rest Day**					

WEEKLY TRAINING PROGRAMME – WEEK 3

	0800-0900	0915-0945	1100-1215	1230-1345	1400-1530	Remarks
Mon 05/10/09	3.5 Mile Steady State	**B/Fast**	Rest	**Lunch**	4x2 Shadow (Themed) 6x2 Equip (Themed) 4x2 Skip (Themed)	
Tue	Gun Hill/Middle Hill x 2 Core Stability	**B/Fast**	Tech Clinic Feints/Drawing/Drifts	**Lunch**	3x1 Pads Open Spar 4x2 Flexibility	
Wed	Rest	**B/Fast**	All Round Body Circuit	**Lunch**	Rest	
Thu	Rugby Pitch 3xLaps Sprint L&W Core Stability	**B/Fast**	Rest	**Lunch**	3x1 Pads Open Spar 4x2s 5 Min Tech Pads 4x2 Skip	
Fri	Lamp Post Intervals Core Stability	**B/Fast**	Weights Circuit	**Lunch**	Rest	
Sat	**Rest Day**					
Sun	**Rest Day**					

WEEKLY TRAINING PROGRAMME – WEEK 4

	0800-0900	0915-0945	1100-1215	1230-1345	1400-1530	Remarks
Mon 12/10/ 09	3 Mile Steady State	**B/Fast**	4x2 Skip (Tempo) Tech Spar Defence/Counters/ Feints/Drifts 4x2 Shadow (With Weights)	**Lunch**	4x2 Pads Conditioning 1xJog Ton Up	
Tue	Hill 6xSprints Core Stability	**B/Fast**	Rest	**Lunch**	3x1 Pads Open Spar 4x2 Ton Up	
Wed	Pad Shuttles 4x2 4x2 Shadow 4x2 Skip	**B/Fast**	All Round Body Circuit	**Lunch**	Rest	
Thu	Track 1x400 3x200 4x100 Core Stability	**B/Fast**	Repetition Drills 4x2	**Lunch**	3x1 Pads Open Spar 4x2s 4x2 Skip	
Fri	Lamp Post Intervals Core Stability	**B/Fast**	Weights Circuit	**Lunch**	Rest	
Sat	**Rest Day**					Own Run Weight Depending
Sun	**Rest Day**					Own Run Weight Depending

WEEKLY TRAINING PROGRAMME – WEEK 5

	0800-0900	0915-0945	1100-1215	1230-1345	1400-1530	Remarks
Mon 19/10/09	1.5 Mile Timed	**B/Fast**	Rest	**Lunch**	4x2 Pads Conditioning 1xJog ½ Ton Up	
Tue	3 Mile Steady State Core Stability	**B/Fast**	Rest	**Lunch**	3x1 Pads Open Spar 4x2 3x2 Shadow	
Wed	Track 15 On 15 Off 4x2	**B/Fast**	Equip 8x1 (Tempos) 2x ½ Ton Up	**Lunch**	Rest	
Thu	Rest	**B/Fast**	4x2 Shadow 4x2 Skip (Tempos)	**Lunch**	3x1 Pads Open Spar 4x2s 4x2 Skip	
Fri	Track 4x2 Sustained Core Stability	**B/Fast**	6x1 Reaction Pads 3x15 Sec Bursts	**Lunch**	Rest	
Sat	**Rest Day**					Own Run Weight Depending
Sun	**Rest Day**					Own Run Weight Depending

WEEKLY TRAINING PROGRAMME – WEEK 6

	0800-0900	0915-0945	1100-1215	1230-1345	1400-1530	Remarks
Mon 26/10/ 09	Track 6x60m	**B/Fast**	Rest	**Lunch**	6x1 Reaction Pads 3x10 Sec Bursts	
Tue	Own Run (Weight Depending)	**B/Fast**	Rest	**Lunch**	Sharpening Pads	
Wed	Rest	**B/Fast**	Rest	**Lunch**	Rest	
Thu	Rest	**B/Fast**	Rest	**Lunch**	Rest Travel	
Fri	Rest	**B/Fast**	Rest	**Lunch**	Rest	
Sat	**Rest Day**					
Sun	**Rest Day**					

CLUB: **ARMY** BOXERS NAME: COACHES NAME:

DAY / DATE	**TRAINING FOCUS, OBJECTIVES AND OUTLINE OF ACTIVITIES TO BE UNDERTAKEN**	**NOTES**
MONDAY 12/10/09	Warm Up – Session 1 Run – Session 2	
	Skills – Session 1 Shadow – Session 1 Flex – Session 2	
	Pad Work – Session 2 Circuit – Session 1 Flex – Session 1	
TUESDAY 13/10/09	Warm Up – Session 1 Run – Session 2 Core Stability – Session 1 Flex – Session 2	
	Warm Up – Session 3 Sparring – Session 1 Flex – Session 3	
WEDNESDAY 14/10/09	Warm Up – Session 2 Pad Work – Session 3 Flex – Session 2	
	Warm Up – Session 2 Circuit – Session 2 Flex – Session 3	
THURSDAY 15/10/09	Warm Up – Session 1 Run – Session 3 Core Stability – Session 2 Flex – Session 2	
	Warm Up – Session 2 Pad Work (Skill Development) – Session 1 Flex – Session 3	
	Warm Up – Session 3 Sparring – Session 2 Flex – Session 3	
FRIDAY 16/10/09	Warm Up – Session 1 Run – Session 4 Flex – Session 2	
	Warm Up – Session 2 Weights – Session 1 Flex – Session 3	
SATURDAY	Rest Day	
SUNDAY	Rest Day	Steady State Run (Weight Depending)

KEY TO TRAINING SCHEDULES: **WARM UP'S**

SESSION NUMBER	WARM UP DETAILS		NOTES
1	**Joint Rotation** From a standing position with your arms hanging loosely at you sides, flex, extend, and rotate each of the following joints: • Fingers • Wrist • Elbows • Shoulders • Neck • Trunk and shoulder blades • Hips • Knees • Ankles • Feet and toes **7 Min Pulse Raiser (Jog/Game)**	**Dynamic Stretching** Neck Mobility Shoulder Circles Arm Swings Side Bends Hip Circles & Twists Half Squats Leg Swings Cross Body Leg Swings Lunges Double Leg Bounce Individual Stretching **3 min pulse Raiser (Jog/Sprint)**	
2	**Joint Rotation** From a standing position with your arms hanging loosely at you sides, flex, extend, and rotate each of the following joints: • Fingers • Wrist • Elbows • Shoulders • Neck • Trunk and shoulder blades • Hips • Knees • Ankles • Feet and toes **7 Min Pulse Raiser (Jog/Game)**	**Resistance Bands (Dynamic Stretching)** Neck Mobility Bent Over Rows Alternate Lying Chest Press (On Floor) Bicep Curls Lateral rows Triceps' Extensions Side Twists Diagonal Wood Chops Squats Side Lunges Toe Points Individual Stretching **3 min pulse Raiser (Jog/Sprint)**	
3	Individual Warm Up – To include Joint Rotation, Pulse raiser, Dynamic and Static Stretching, Pulse Raiser and Finish with Pads.		

KEY TO TRAINING SCHEDULES: **SKILLS DEVELOPMENT SESSIONS (PARTNERWORK AND DRILLS)**

SESSION NUMBER	SKILL SESSION DETAILS	NOTES
1	3 x 3 Skip (Tempo) 1 – Whistle Blasts (Tempo 1 – 4) 2 – Tricks (Flare) 3 – No 1 and 2 Combined Tech Spar 20 Minutes working on varied defences, straight shots, counters, basic boxing.	Tempo 1 – 50% Tempo 2 – 60% Tempo 3 – 70 – 80% Tempo 4 – 100%

KEY TO TRAINING SCHEDULES: **SPARRING SESSIONS**

SESSION NUMBER	SPARRING SESSION DETAILS		NOTES
1	3x1 Pads (Continuation Warm Up) Open Spar 4 x 2 Minute Rounds 1 x Minute Recovery between rounds. 1 x Ton Up to finish off with.		Working on everything worked on close to competition as possible.
	Ton Up 1. Press Ups 2. Half Sits 3. Knees to Chest 4. Boxer Press Ups 5. Crunches	6. Burpees 7. Close Arm Press Ups 8. Punch sit Ups 9. Star Jumps 10. Burpee Press	
2	3x1 Reaction Pads (Continuation Warm Up) Open Spar 4 x 2 Minute Rounds 1 x Minute Recovery between rounds. 4 x 2 Skip (Loosen off)		Sparring working on KISS (Keep It Simple Stupid).

KEY TO TRAINING SCHEDULES: **CIRCUIT TRAINING**

<table>
<tr><th>SESSION NUMBER</th><th colspan="3">CIRCUIT DETAILS</th><th>NOTES</th></tr>
<tr><td rowspan="2">1</td><td colspan="3">Jog ½ Ton Up</td><td rowspan="2">Jog 30 Meters and complete 5 reps of each exercise.</td></tr>
<tr><td colspan="3">1. Press Ups
2. Half Sits
3. Knees to Chest
4. Boxer Press Ups
5. Crunches
6. Burpees
7. Close Arm Press Ups
8. Punch sit Ups
9. Star Jumps
10. Burpee Press</td></tr>
<tr><td>2</td><td><u>Pyramid Circuit</u>
10 x Press ups
10 x Sit ups
10 x Squats
10 x Reverse Dips
10 x V Sits
10 x Squat Thrusts
1 Min Rest
6 x P-Ups
6 x Sit Ups
6 x Squats
6 x Reverse Dips</td><td>6 x V Sits
6 x Squat Thrusts
1 Min Rest
2 x P-Ups
2 x Sit Ups
2 x Squats
2 x Reverse Dips
2 x V Sits
2 x Squat Thrusts
1 Min Rest
4 x P-Ups
4 x Sit Ups</td><td>4 x Squats
4 x Reverse Dips
4 x V Sits
4 x Squat Thrusts
1 Min Rest
10 x P-Ups
10 x Sit Ups
10 x Squats
10 x Reverse Dips
10 x V Sits
10 x Squat Thrusts</td><td>All exercises are to be done with quality and speed.</td></tr>
</table>

KEY TO TRAINING SCHEDULES: **RUNNING FOR CONDITIONING**

RUN NUMBER	RUN DETAILS	NOTES
1	Buller Run is 3 Mile. This run is a Steady State run at 70-80% effort.	
2	Gun Hill is approximately 100m long at a 20 degree angle Start at top of Gun Hill and jog/walk down Once at bottom you Sprint to the top 100% Recovery is the jog/walk down to bottom 6 x Sprints are completed.	
3	Track Best Effort 1x400 M 30 Sec Recovery 3x200 M 20 Sec Recovery between runs 4x100 M 10 Sec Recovery between runs	
4	Queens Ave Lampposts Interval Run Roughly a 1 Mile Straight road that runs past Gym with lampposts set roughly 50m apart Jog to the 1st lamppost sprint to the 2nd jog to the 3rd and sprint to the 4th and so on. Carry on doing this until you reach the top of the road cross over and repeat on way back down, the whole run is roughly 2 Miles.	

KEY TO TRAINING SCHEDULES: **WEIGHT TRAINING**

SESSION NUMBER	WEIGHT TRAINING SESSION DETAILS		NOTES
1	**1.Chest** Decline Bench Press (30-40 degree angle.) X 5 Reps: 3 sets. **2.Biceps** Bar Curl X 5 Reps: 3 sets. **3.Triceps** Lying Dumb Bell Extension X 5 reps: 3 sets **4.Shoulders** Dumb Bell Press X 5 reps: 3 sets	**5.Lower Back** Lying Hyper Extensions (superman's) X 10 reps: 3 sets **6.Upper Back** Dumb Bell Pull-Over X 10 reps: 3 sets **7.Quads** Squats X15 reps: 3 sets	All weight is 75-80% 1 Rep Max, Speed is essential

KEY TO TRAINING SCHEDULES: **FLEXIBILTY / STRETCHING SESSIONS**

SESSION NUMBER	FLEXIBILTY / STRETCHING SESSION DETAILS		NOTES
1	**With Swiss Ball** 3 Minutes Mobility. Outstretched walk, swinging arms across body with rotation of hips and shoulders. Control breathing; bring heart rate and core temperature down. 10 -12 Minutes Static Stretching to include: 1. Shoulder Stretch 2. Chest Stretch 3. Kneeling Back Stretch	4. Glute Stretch 5. Hip Stretch 6. Quad stretch 7. Hamstring Stretch	Each stretch should be held for 20-25 Secs
2	3 Minutes Mobility. Outstretched walk, swinging arms across body with rotation of hips and shoulders. Control breathing; bring heart rate and core temperature down. 10 -12 Minutes Static Stretching to include: 1. Neck 2. Shoulders 3. Back 4. Chest	5. Glutes 6. Hip 7. Quadriceps 8. Inner Thigh 9. Hamstrings 10. Calves	Each stretch should be held for 20-25 Secs
3	3 Minutes Mobility. Outstretched walk, swinging arms across body with rotation of hips and shoulders. Control breathing; bring heart rate and core temperature down. 10 -12 Minutes Static Stretching to include: 1. Neck 2. Shoulders 3. Biceps 4. Triceps	5. Back 6. Chest 7. Glutes 8. Hips 9. Quadriceps 10. Inner Thigh 11. Hamstrings 12. Calves	Each stretch should be held for 20-25 Secs

KEY TO TRAINING SCHEDULES: **CORE STABILITY SESSIONS**

SESSION NUMBER	CORE STABILITY TRAINING SESSION DETAILS		NOTES
1	**1. Supine Stability** Intensity: Hold for 30 seconds Lie on the ball with your arms out. Make sure you keep your spine in a neutral position on the ball and you're raised. **2. Press Up** Intensity: 2 x 10 Lie prone on the ball with your hands shoulder width apart on the floor. Flex the arms, lowering your chest to the floor, while maintaining a neutral spine. Extend the arms to complete the movement. **3. Superman** Intensity: 2 x 10 on each side Lie prone on the ball with your hands and feet on the floor. Extend the opposite arm and leg. Repeat on both sides. **4. Chest Press** Intensity: 3 x 10 Lie with back on the stability ball holding the dumbbells just above the chest. Extend the arms and bring the dumbbells together. **5. Bridge Raise** Intensity: 3 x 10 Lie with back on the mat with your hands flat on the floor with your heels on the ball. Raise your backside off the mat and push your hips up. Hold for two seconds before slowly lowering the backside to the starting position.	**6. Dorsal Raise** Intensity: 3 x 10 Lie prone on the ball with your feet flat against the wall. Move your feet further apart on the wall for more balance. Place your hands in the small of your back and raise your upper body by flexing at the hips. Hold position for two seconds before returning to starting position. **7. Triceps Dip** Intensity: 3 x 8 Keeping your feet flat on the ground rest your hand on the ball as shown. Keeping the elbows still lower the backside to the floor. Then extend the arms to complete the exercise. **8. Abdominal Crunch** Intensity: 3 x 10 Sit on the stability ball with your hands crossed over your chest. Keep your toes pressed against the wall. Extend at the hips and slowly bend back towards the floor. Adjust your sitting position on the ball to change the difficulty.	All exercises are with Swiss Ball.
2	**1. Prone Stability** Intensity: Hold for 30 seconds Position yourself prone on the ball with the hands shoulder width apart maintaining a neutral spine	**5. Roll Away** Intensity: 3 x 10 Kneel upright behind the ball with your hands on the top. Roll the ball away slowly keeping your body in alignment.	All exercises are with Swiss Ball.

	2. Shoulder Press Intensity: 3 x 10 Sit on the stability ball and hold the dumbbells so your upper arms are level with your shoulders. Extend the arms and raise the dumbbells over your head. **3. See-Saw** Intensity: 2 x 10 Lie prone on the ball with your hands shoulder width apart. Raise the legs and then extend the arms and return to the starting position. **4. Lateral Raise** Intensity: 2 x 10 Sit on the stability ball and raise the dumbbells with straight arms so the dumbbells are approximately level with your shoulders. Lower slowly back to starting position. .	**6. Pull Over** Intensity: 3 x 10 Lie with back on the stability ball keeping your hips up. Hold the dumbbell vertically and extend your shoulders moving the dumbbell behind your head. Pull your arms over and return to the starting position. **7. Single-Leg Plank** Intensity: 60 seconds Lie prone on the ball with your hands shoulder width apart on the floor. Raise one foot off the ball and hold the position. **8. Kneeling Balance** Intensity: 30 seconds Stand on the floor with the stability ball at your feet and your hands on the ball. Slowly kneel onto the ball with your feet off the ground. When you have achieved a balance position slowly take your hands off the ball.	

KEY TO TRAINING SCHEDULES: **PUNCHBAG AND SHADOW BOXING WORK**

SESSION NUMBER	PUNCHBAG / SHADOW BOXING TRAINING SESSION DETAILS	NOTES
1	4 x 2 Shadow (With Weights 1KG) 1. 1 Minute with weights 1 Minute without (Both hands at same time Left, Right, Forward, Backward) 2. 1 Minute with weights 1 Minute without (No's 1 = Single Shots 2 = Combinations 3 = Double attacks 4 = 2 Phases with Angles) 3. 1 Minute with weights 1 Minute without (As 1 without both hands and 2) 4. 1 Minute with weights 1 Minute without (Individual Flare)	

KEY TO TRAINING SCHEDULES: **PADWORK**

SESSION NUMBER	PADWORK TRAINING SESSION DETAILS		NOTES
1	Repetition Drills 4 x 2 Minutes **Round 1** **DJBH, Push BH(B)** 1 Minute – DJBH 30 Sec Rest 1 Minute – DJBH Push BH(B) **Round 2** **1,2 Layback Jab** 1 Minute – 1,2 Layback 30 Sec Rest 1 Minute – 1,2 Layback Jab	**Round 3** **DJBH Step BH, Jab** 1 Minute – DJBH Step 30 Sec Rest 1 Minute – DJBH Step BH, Jab **Round 4** **1,2 Step BH(B) LH(H) BH(H)** 1 Minute – 1,2 Step BH(B) 30 Sec Rest 1 Minute – 1,2 Step BH(B) LH(H) BH(H)	(H) = Head (B) = Body 1 Minute Rest Between Rounds
2	4 x2 Conditioning Pads (Bringing everything together) Round 1 – Everything starts with Jab. Round 2 – Everything finishes with Jab. Round 3 – Phases and Angles. Round 4 – Mix of all 3 above 1 Minutes rest between rounds.		
3	Shadow 4 x 2 (Continuation Warm Up) Pad Shuttles 4 x 2 Line 1 – DJBH Line 2 – 1,2 Step BH Line – 3 HBH Line – 4 DJBH, LH, BH 4 x 2 Skip (Loosen Off)		4 Lines 10 Meters apart. 1 Minute rest between rounds.

MOD Risk Assessment Form

Establishment /Unit/Ship:	Army Boxing Association	**Assessment No:**	**1**	**Assessment Date:**	
Section/Department:	Army Boxing Association	**Assessment Type** (Delete as appropriate; see Note 1)			
		Specific x	**Generic**	**Record of Dynamic Assessment**	

Activity/Process:

Boxing - Sparring

Assessor		**Line Manager Acceptance** (See Note 2)	
Name:	**NATHAN PEARCE**	**Name:**	
Rank/Grade:	**C2**	**Rank/Grade:**	
Signature:		**Signature:**	

Hazards (Include Hazard Survey Number where applicable)	**Who is at Risk?**	**Control Measures** (Specific existing Control Measures)	**Risk Rating** (Likelihood X Consequence) (See Note 3)	**Additional Controls** (Each Control Measure is to be specific and managed)	**Residual Risk Rating** (See Note 4)	**Management Plan**		
						Owner	**Target Date**	**Comp Date**
Death from Brain Injury	Boxers	Head Guards, Bandage inspections, Abdominal protectors, Qualified ENGLAND BOXING Level 2 Coach, annual medicals and Fit to box, pre sparring verbal confirmation of boxers consent to Spar are compulsory. Coaches to be qualified and in date and registered with the Army BA. All Boxers are to be registered through the Army BA. Boxers are categorised and matched according to Weight and Experience. 16oz gloves for sparring are	1 x 3 = 3	Boxers conducting sparring should only spar to a maximum of 2 x per week and not on consecutive days or a duration of their competitive round duration plus 1 round i.e. Development A boxer 4 x 2 mins rounds Development B boxer 5 x 2 mins rounds Intermediate / open boxer 4 x 3 mins				
Burst eardrum / Detached Retina / Fractures to hands, face or ribs.	Boxers		1 X 2 = 2					
Bruising injuries to face, hands and ribs.	Boxers		3 X 1 = 3					

		compulsory.						
Dehydration	Boxers	1 min breaks afforded at end of each round, Rounds only 2 or 3 mins max dependant on Cat of Boxer, max of 4 rounds for any boxer	1 x 1 = 1					
Muscle injury / strain	Boxers	All boxers are trained by qualified coaches and have pre bout medical to ensure fitness to box	1 x 1 = 1					
Emergency Procedures for Injury	Boxers	Coaches are to be aware of the local emergency procedures for their Gymnasium and Camp / Club.	1 x 3 = 3					
Injury due to faulty or damaged training equipment including Boxing Rings and Boxing attire	Boxers and Coaches	Senior Coaches (Level 2 and above) are to inspect all training equipment including the Boxing Ring for serviceability prior to any training taking place	1 x 2 = 2	All Training Rings held by Units are to be catalogued and authorised via an Army wide audit by the Army BA Sec.				

Line Manager Assessment Review (See Notes 2 and 5)							
Review Date:		**Review Date:**		**Review Date:**		**Review Date:**	
Name:		**Name:**		**Name:**		**Name:**	
Rank/Grade:		**Rank/Grade:**		**Rank/Grade:**		**Rank/Grade:**	
Signature:		**Signature:**		**Signature:**		**Signature:**	

Notes:

1 If using a 'Generic' risk assessment, Assessors and Line Managers are to satisfy themselves that the assessment is valid for the task and that all significant hazards have been identified and assessed. If additional hazards are identified they are to be recorded and attached to the Generic assessment.

2 Line Managers are to note that they are responsible for production of the risk assessment and that they are signing to indicate that the risk assessment is suitable and sufficient and they consider the risks to be acceptable.

3

High	Common, regular or frequent occurrence.	**3**	**3 Med**	**6 High**	**9 High**
Medium	Occasional occurrence.	**2**	**2 Low**	**4 Med**	**6 High**
Low	Rare or improbable occurrence.	**1**	**1 Low**	**2 Low**	**3 Med**
Risk Matrix Likelihood X Consequence			**1**	**2**	**3**
			Minor injury or illness.	Serious injury or illness.	Fatalities, major injury or illness.
			Low	Medium	High

When recording the Risk Rating ensure that both the Likelihood and Consequence scores are included.

High	Improve control measures; consider stopping work. Conducting work at this level of risk is to be reported up the Line Management / Command chain.
Medium	Review control measures and improve if reasonably practicable to do so, consider alternative ways of working.
Low	Maintain control measures and review if there are any changes.

4 Record the residual Risk Rating to demonstrate that the risk has been reduced to an acceptable level; record Likelihood and Consequence scores.

5 Risk Assessments are to be reviewed:

- Annually.
- If there is reason to doubt the effectiveness of the assessment.
- Following an accident or near miss.
- Following significant changes to the task, process, procedure or Line Management.
- Following the introduction of more vulnerable personnel.
- If "Generic" prior to use.

SECTION 6 – TOURNAMENT OFFICIALS

References:

A. AIBA Technical Rules 31 Aug 2014.
B. AIBA Open Boxing (AOB) Competition Rules 31 Aug 2014.
C. England Boxing Rules .

GENERAL

1. Tournament officials are qualified as per the National Governing Body's (England Boxing) and AIBA rules (Reference A and C). The following grades of officials are applicable:

a. AIBA - International (AIBA 1 - 5*)
b. Grade A - England Major Panel.
c. Grade B - Regional Panel (CSBA & Army Major Panel).
d. Grade C - Command Panel.

2. Dress. All Army BA Officials are to dress in accordance with these regulations, under normal circumstances this will be Army/Corps/Regt mufti:

a. Referees are to be dressed in black trousers, white shirt (with collar), black bow tie and black shoes or boots without raised heels whilst officiating in the ring. Army/Corps/Regt blazer may be worn whilst judging or sitting out.

b. Other officials should be dressed in Army/Corps/Regt Mufti. Female Officials (except referees), are to be similarly dressed, but may where a suitable skirt and/or blouse, in accordance with their Regt/Corps Dress Instructions. Army Boxing Mufti is; Black blazer with Army Boxing Badge embroidered on the left chest pocket, grey trousers, white shirt, black shoes and Army BA or Major Panel Tie. Female officials are not required to wear a tie.

c. International officials are permitted to wear their international qualification badges on blazers/blousons/shirts. Army Major Panel should wear Army BA and/or Major Panel attire, where appropriate, at all Major Panel Fixtures.

A high standard of turnout is expected.

3. All Officials must be:

a. Currently cleared by the Criminal Records Bureau/Disclosure and Barring Service and in possession of an Official's book bearing a likeness photograph and the current season's registration stamp. The book must be carried at all times when on duty and presented to the Supervisor upon request. For insurance whilst on duty, he must also be registered on the Boxing England National Database for the current season.

b. Qualified by examination set by:

(1) Grade C & B - the Army BA/CSBA/England Boxing R&J Committee.
(2) Grade A - England Boxing.
(3) AIBA - AIBA (organised by Host nation).

c. England Boxing registered officials must be in possession of their England Boxing Photo ID when officiating at tournaments, which must be in date for the current season.

d. On the appropriate Association's list of qualified Officials.

e. At least 17 years of age.

f. Must attend continuous development training a minimum of every 3 years, which is to be recorded in the official's boxing registration book.

g. Sit and pass a control exam at the appropriate level every 3 years; upgrading counts as a control exam.

h. Re-assessed by written, oral, and practical examination, if inactive for 2 or more years, before being allowed to resume officials' duties.

4. An Elite boxer can be trained and act as an official during his boxing career. After qualification/training he/she can be appointed to officiate at tournaments, so long as they are not boxing in the same tournament at which they are officiating.

5. An official must have served for at least two years as a judge and or Referee/Judge before being allowed to take the Supervisor examination.

6. Each Command shall compile a panel of Grade A / Grade B / Grade C registered Supervisor's, Referees, Judges, Timekeepers, and AIBA Computer Scoring Operators, who must be qualified by examination, when required by AIBA & England Boxing rules. Grade C officials, should not be used for Championship events.

7. A Supervisor, Referees, Judges, MOA, Recorder and Timekeeper, shall be appointed by the Regional Associations/Divisions for all tournaments. For National Semi-Finals, National Finals of all Championships and Home Internationals, the England Boxing R&J Committee will appoint Grade A and/or AIBA level Supervisor's, Referees, Judges, Timekeepers, AIBA Computer Scoring Operators and MC/Announcers.

8. Any Supervisor, Referee, Judge, or Timekeeper who has been active in that capacity at Grade C may be nominated for upgrading to Grade B. Any Grade B official, who has been active in that capacity, may be nominated for up-grading to Grade A. Details of upgrading procedures and Major Panel selection is outlined below. AIBA upgrading is through Boxing England selection in accordance with AIBA rules.

9. All newly qualified judges must sit in at a tournament and judge a minimum of 10 bouts alongside the appointed judges. Their results will be assessed by a qualified Grade A referee or Grade A Judge from the Army Major Panel and they will be told when they are competent enough to be appointed to tournaments.

10. Newly qualified referees will be assessed at a tournament by a qualified Grade A referee from the Army Major Panel. They will be told when they are competent enough to be appointed to tournaments.

11. Individuals wishing to qualify as a Grade C official should apply in accordance with the instructions below.

BOXING OFFICIALS COURSES AND UPGRADING

COURSES

12. Throughout the training year, courses are run at the Army School of Physical Training (ASPT) to qualify service personnel as boxing officials. These courses are usually run by a suitably qualified member of the Major Panel.

13. All individuals who wish to qualify as a boxing official i.e. Judge & Timekeeper (JTK) are to apply to the ASPT via the normal procedure. On successful completion of the appropriate course, examination, and practical assessment, they will be qualified as a Grade C official. The results are to be forwarded to the Secretary Army BA and the individuals' Command Boxing Secretary.

UPGRADING CRITERIA

14. Criteria for upgrading of boxing officials are set by the Army Major Panel and are:

a. Upgrade from Grade C JTK to Grade C Referee :

(1) Minimum of 2 consecutive seasons as an active JTK.

(2) Attended and officiated at a minimum of 5 different events in each season, with details of number of bouts recorded.

b. Upgrade from Referee Grade C to Referee Grade B:

(1) Minimum of 2 consecutive seasons as an active Grade C Referee.

(2) Refereed and logged a minimum of 12 contests in each season.

c. Upgrade from Referee Grade B to Referee Grade A:

(1) Minimum of 2 seasons as an active Grade B Referee.

(2) Refereed and logged a minimum of 15 contests in each season.

(3) Upgrading to Grade A can only be conducted through the England Boxing via the Army BA Officials Secretary.

15. The minimum qualifications needed to run JTK courses and upgrading to Referee Grade B are:

a. JTK course - Minimum of Grade A R&J.

b. Referee upgrading - Minimum of two Grade A R&Js.

UPGRADING PROCEDURE

16. Candidates who wish to be selected for upgrading must have a recommendation from their Command Boxing Representative in consultation with at least one Major Panel Grade A R&J.

17. Command Boxing Representative submits application to Army BA Officials Secretary for processing.

18. Upgrading assessment will be conducted (usually) at the Army Individuals Championships. Permission to conduct upgrading away from these championships must be gained from the Army BA Secretary. Candidates will sit a controlled theory examination followed by a practical assessment.

ACTIVE/INACTIVE OFFICIALS

19. Any boxing official who has not officiated for a period of 2 years will be deemed as inactive. To reactivate qualification, individuals must sit a controlled theory examination and shadow for at least 1 competition. This process is controlled by Command Boxing Representatives who will appoint a minimum of one Major Panel Grade A R&J to carry out the assessment.

ARMY MAJOR PANEL

20. The Army Major Panel of Officials oversees all aspects of Boxing in the Army with regard to Tournament Officials (Referees, Judges and Timekeepers). Individuals must be qualified to at least Grade B to be assigned to the Army Major Panel.

SELECTION

21. Due to the nature of tournaments at which Army Major Panel members officiate (England Boxing civilian shows, CSBA / single service championships / Unit organised charity events against civilian boxers, etc.) all potential officials for the Major Panel are required to have a high level of experience. The minimum criteria expected for candidates wishing to be considered for either is:

a. Minimum of 3 seasons as active Judge, Timekeeper, Referee.

b. Logged experience of officiating at least 12 contests in each season.

c. Recommendation from Command Boxing Representative. The recommendation is to include a brief summary of candidate's achievements.

APPLICATION

22. Applications must be submitted in writing by Command Boxing Representative to the Army Major Officials Secretary at least 21 days prior to Army Individuals Championships. Contact details are available via the Secretary Army BA or the Army Boxing web site.

ASSESSMENT

23. Assessment will be conducted at the Army Individuals Championships. Candidate's Amateur Boxing Registration book will be scrutinised to confirm minimum experience is valid. Candidates will sit a controlled theory examination followed by a practical assessment.

24. An overall assessment of the written and practical examinations will be evaluated and a summary given to each candidate by the Supervisor of the Championships and/or the Officials' Secretary. Competent candidates will then be elected to the Major Panel.

25. The Army BA Officials' Secretary is to maintain a list of all of Army Major Panel Officials and all Grade A and AIBA registered Supervisors, Referees, Judges, Jury, and Timekeepers who must be qualified by examination by the Army BA/CSBA/England Boxing. All Officials must be members of a Club or other affiliated Association (e.g. CSBA). Only Officials from this list will be authorised to officiate at preliminary, Association, pre-¼ Finals and ¼ Final rounds of all Championships and representative matches.

26. Appointment to England Boxing¬¬ Semi Final and Final rounds will be by England Boxing.

STANDARDS

27. Army Major Panel members are expected to attend a minimum of 3 Army Major Panel fixtures each season. Failure to do so may result in removal from the Major Panel. Dispensation will be given to members involved on operational deployments.

REVIEW

28. Major Panel membership is reviewed annually at a meeting of the Major Panel. Members who have elected to be removed or those deemed not to be active or non-supportive will be removed.

DISCIPLINE

29. Breaches/failings in officials' duties/performances will be dealt with via a disciplinary panel arranged under the direction of the Secretary Army BA and the Army Major Panel Officials' Secretary. The composition of the panel will be a Chairman (nominated by the Secretary Army BA), the Army Major Panel Officials' Secretary, 2 x Grade A R&Js and the Secretary Army BA as independent member. The decision will be notified under arrangements issued by the Chairman Army BA and shall be final. Appeals may be made using the military redress of grievance procedures, as detailed in JSP 381.

ENGLAND BOXING MAJOR PANEL

30. Only Grade B Army Major Panel Officials will be nominated by the Army BA Officials Secretary to the CSBA for upgrading to Grade A. All Grade A officials are England Boxing Panel Officials.

31. Only Officials from Army Major Panel Officials' list will be authorised to officiate at preliminary, Association, pre-¼ Finals and ¼ Final rounds of all Championships and representative matches. Grade C officials, will not be used for Championship events.

AIBA OFFICIALS

32. Nomination to AIBA will be via the CSBA to England Boxing, through single service Officials' Secretaries. Individuals receiving recommendations for upgrading to AIBA via England Boxing Regional Associations/Divisions are to notify their single service Officials' Secretary immediately.

INSTRUCTIONS FOR OFFICIALS

33. Further guidance and instructions for officials can be found in References A to C, CSBA Constitution and Rules and at Annex A to this Section of the Army BA Aide Memoire.

Annexes:

A. Notes for Novice Referees.
   Notes for Timekeepers
B. Scoring a bout.
C. Decisions.
D. Notes for MC/Announcer.
E. MC/Announcer bout script

NOTES FOR NOVICE REFEREES

1. This Annex is included to provide further guidance for Referees. Much of this is common sense and can be found in England Boxing and/or AIBA Rules.

GUIDANCE NOTES

2. This section should be considered as advice for Referees; the full duties of a Referee can be found in References A to C to Section 6.

a. The referee must ensure that both boxers contest the bout in a fair and sportsmanlike manner. Boxers who continually fail to abide by the rules should be warned or disqualified without hesitation.

b. If boxers believe that they are competing under a weak referee who is unsure of the rules or does not apply them, they will generally attempt to take unfair advantage of their opponent. This often leads to a series of foul tactics being resorted to by both sides until finally the contest gets completely out of control and develops into anything but a good clean boxing match. The referee shall indicate to a boxer by suitable explanatory signs or gestures as appropriate any infringement of the rules, especially the too common offences of hitting with the open glove or inside of the glove, lying on, holding in various ways, dangerous use of the head, and not stepping back on the command “break”.

c. When refereeing raw developments, the referee may give the boxers guidance, where possible this should be conducted during the pre-competition brief. Caution on the move is permissible.

d. Signals or gestures must be unambiguous; as a tip, an unambiguous signal is one that is clear enough for the audience to understand the offence. The Army BA maintains a list of Army BA authorised gestures and signs and Army BA officials are not deviate from this list. Officials, who believe they have a more appropriate signal, should submit details to the Major Panel Convention for authority to have the signal included into the list of authorised signals.

e. Cautions and Warnings. A referee may give a caution without actually stopping the bout, **however** when doing so, he must not refer to a specific boxer/colour; in doing so, he may put a boxer at a disadvantage or risk. Where necessary, the referee should stop the boxing to deliver a caution. A referee should not be too eager to give frequent cautions. He should ensure that a caution is needed, and that he is quite certain of the offender, and then make the caution as brief as possible. The Referee should only speak to development class boxers, i.e. “don’t hold”. Boxers of intermediate standard or above should be given gestures only. The referee must ensure that cautions are given at such a time and in such a way that there is no danger of one of the contestants stopping in order to listen to the referee and thereby receiving a knockout blow from an opponent who continues to box.

f. The Referee must stop the bout when giving warnings. Where there are only 3 judges, the Referee must stand where he can see all three judges before delivering the warning. When there are 5 judges, the Referee must stand in the centre of the ring.

g. Referees should remember that bad behaviour in the crowd is often caused by what goes on in the ring, and this is entirely in the referee's hands. Prompt decisions and firm handling of dirty tactics will usually prove a protection.

h. A Referee should be careful to differentiate between deliberate bad behaviour from ignorance or intent and excitement, often the cause of spontaneous outbursts which die down almost at once. Treat the boxers in the ring with firmness but fairness and you need anticipate no great trouble with those outside the ring.

i. After a particularly hard, clean bout, or if one of the boxers shows exceptional 'pluck' and determination, the referee may express his approval for the boxers' performance. This should however, only be done on very few occasions and only when exceptional courage or determination has been exhibited. The most favourable time to do this is immediately prior to informing the MC/Announcer whom to announce as the winner. *NOTE*: A referee must be careful not to allow a boxer to receive unnecessary punishment. This applies particularly to developments and the less-experienced boxers. If a bout is very one-sided and a boxer who has no chance of winning or a boxer is receiving heavy punishment, the bout should be stopped. At the same time, a referee must be careful not to stop a bout when a strong but unskilful boxer is waiting for an opportunity, whilst boxing a much more skilled boxer. Nothing is more annoying for a boxer than the bout being stopped when he is still feeling strong and keen and he considers that he has a chance to win.

3. Reporting action after a disqualification. Following disqualification, if the Referee must report the matter to the Army BA, through the Supervisor and inform the boxer that he may not box at any meeting held until he hears further. In reporting the case, the Supervisor must suggest a term of suspension after consulting with the Referee, Comd Chair and Secretary Army BA. The decision of the Army BA will be reported to the boxer's Commanding Officer, the Referee, the Supervisor, the Comd Chair and to the boxer concerned.

4. Refereeing In the Ring. Muscular relaxation and mental alertness is the keynote of refereeing in the ring. Ostentation or theatrical tendencies should be avoided. A referee should assume a cheerful, but not, of course, hilarious attitude, and should avoid all inclination to display a "parade-ground" manner. A development referee will probably feel self-conscious but provided that he knows his job, he can rest secure in the knowledge that the spectators have not come to watch him, but to watch the boxers!

a. Movement in the Ring. The principle is to keep in view as much of each boxer's target as possible throughout the bout. To do this he should endeavour always to keep himself at right angles to the line joining the two boxers and as far away from them as the ropes will allow. Obviously no hard and fast rules can be laid down as to the direction in which a referee will move around the ring. Experience will teach a referee to move quickly and unobtrusively in the direction which will enable him to see as much of the boxers' targets for as long as possible; this will necessitate switching quickly from circling clockwise to anti-clockwise to keep the targets in view.

b. This does not mean that the referee must never get close to the boxers; indeed with boxers who tend to disregard the rules it is often necessary to get near to them to ensure that a command such as "break" or "stop" is instantly obeyed. It will sometimes be found that one boxer maintains a position in the centre of the ring and causes his opponent to dance round

him. In such cases it is not practicable for the referee to keep up on a longer perimeter with the resulting roundabout. The spectacle of a referee sprinting round the ring is irritating to the spectators. On the other hand, a referee who stands still obscures the view of spectators behind him and sometimes a judge or the timekeeper. The happy medium is to keep circling with quick switches to the opposite direction, when you find that both boxers are about to get end on to you.

c. Some referees find that they get a better view of the boxers' targets by looking slightly sideways whilst moving round the ring rather than by fixing their gaze directly at a point between the two boxers. A referee should avoid rigidity in his movements and should not be afraid to use his arms freely in assisting him to change direction. At suitable moments he should glance at the boxers' corners to ensure that the seconds are not contravening the rules by interfering with the progress of the bout.

d. Decisions should be made without hesitation and observations made in a firm and distinct voice.

e. In the event of a boxer falling between or outside the ropes the referee should be careful that neither seconds nor spectators assist him back into the ring. In cases where the boxer is seen to be falling off the platform outside the ropes, and there is a danger that he may have injured himself by the fall, the referee should not stop seconds or spectators from breaking his fall, but their assistance must not go beyond this point and the boxer must be left on the floor and he must make his own way back into the ring before the count reaches "ten". If, in the course of a knockdown, a boxer grounds his gloves it is the referee's duty to ensure that boxing is not continued if there is dirt on them.

f. The rules state that when a boxer is knocked down as a result of a blow the bout shall not be continued until the referee has reached the count of eight, even if the boxer is ready to continue before then. This rule means that when a boxer receives a blow on the target with sufficient force to knock him down, the referee will begin the count and count to eight irrespective of whether the boxer is up before that time and ready to continue boxing.

g. The Referee should guard against counting when a boxer slips or falls or goes down without being hit. In these cases the eight-second count will not apply.

h. The referee in the ring has a great advantage over his counterparts at the ringside in that, he is able to assess damage to boxers more easily; a quick look at such things as cut eyes should be taken without waste of time. Normally a referee will, if in doubt as to the seriousness of an injury, consult the medical officer. Once having consulted the medical officer he must accept his recommendation.

NOTES FOR TIMEKEEPERS

The Duties of the Timekeeper are as follows:

a. The main duty of the Timekeeper & Gong Operator is to regulate the number and duration of the rounds and the intervals between rounds. The intervals between rounds must be of one (1) minute.

b. The Timekeeper & Gong Operator must start and end each round by striking the bell.

c. Ten (10) seconds before the end of each round, the Timekeeper must signal the approaching end of the round by striking a gavel 3 times.

d. The Timekeeper must regulate all periods of time and counts by a watch or clock, but must only stop the clock when instructed by the Referee with the command “time” resuming after the Referee gives the command “box”.

e. Following a Knockdown, the Timekeeper must give the sound signal; by use of a gavel; to the Referee indicating the elapsing seconds while the Referee is counting.

f. If, at the end of a round, a Boxer is knocked down and the Referee is in the course of counting, the bell indicating the end of the round must not be sounded. The bell must be sounded only when the Referee gives the command “box” indicating the continuation of the Bout.

g. The Timekeeper must regulate the time when a Low Blow or LOC occurs and if a Boxer falls out of the ring.

SCORING SYSTEM

COMPUTER SCORING SYSTEM

1. The Scoring System will be used wherever possible for Army boxing. The Scoring System will be based on a “Ten Point Must-System”.

2. Following the selection of the 5 Judges, each should enter the FOP, and randomly select a position around the ring.

3. Just before starting each Bout, the Scoring System will randomly select three (3) Judges out of the five (5) Judges, and only the scores of these three (3) Judges will be counted.

4. At the end of each round, each Judge must determine the winning Boxer of that round by awarding a score of ten (10) points and by awarding nine (9) or less points - down to 6 - to the losing Boxer, depending on the judgment as to the degree to which the opponent lost the round. Every round must have a declared winner.

5. The Judges will have to push the scoring pad within fifteen (15) seconds. These scores will be transmitted directly to a computer system managed by the Supervisor, and no alterations or additions will be made to these scores after the initial transmission. The announcement of the scores on the live TV broadcast will be made immediately prior to the start of the next round (excluding the announcement of the scores awarded for the final round, in which case the Official Announcer’s rule will apply to the display and announcement of the scores).

6. This announcement must be approved by the Supervisor who will then submit the scores to the broadcaster for transmission on the live TV broadcast. At the end of the Bout, the precise scores awarded and the Judge who awarded each score will be identified on a public display. This public display will also indicate the total score by each selected Judge for each Boxer for the entire Bout (including any deduction due to warnings).

7. In the case the total scores awarded by each Judge, including any deduction, are equal at the end of the Bout, Judges must record in the Scoring System who in their opinion is the winner of the Bout. They will only be requested to do so if:

   One (1) of the 2 (two) other Judges also awarded equal scores;

   The two (2) other Judges appointed different winners;

   The two (2) other Judges awarded equal scores.

8. The scores of the final round must not be disclosed or displayed until the winner of the Bout has been announced.

9. The Supervisor will inform the Official Announcer of the official results.

10. All results recorded in the Scoring System must be printed at the conclusion of the Bout and must be included in the official report forwarded to the AIBA HQs Office by the Supervisor.

11. If the Scoring System becomes defective, the Referee will in that case collect all 5 Judges' score cards with the names of the Judges to give to the Supervisor. The Supervisor will randomly draw only three (3) Judges out of five (5) Judges and keep the name of counted Judges. From the second round, the Supervisor will count the scores from the same 3 Judges who were previously selected.

12. In case of unavailability of a Judge due to unexpected circumstances, the Scoring System will randomly select a third Judge out of the two (2) Judges who have not been selected initially.

13. The concerned Judge will be asked to move position to the unavailable Judge's position.

14. The Scoring System will appoint the winner by an unanimous or split decision as follows:

15. Unanimous decision by points: the three (3) Judges appoint the same winner, or

16. Split decision by points:

17. Two (2) Judges appoint one (1) Boxer as the winner and the other Judge appoint the other Boxer as the winner;

18. Two (2) Judges appoint one (1) Boxer as the winner and the result of the other Judge is a draw.

19. Each Judge will independently judge the merits of the two (2) Boxers using the Scoring System based on following criteria:

    Number of quality blows on target area;

    Domination of the bout by tactical and technical superiority;

    Competitiveness;

    Infringement of the rules.

20. The Judges must apply the following criteria to score round:

    10 vs. 9 – Close round;

    10 vs. 8 – Clear winner;

    10 vs. 7 – Total dominance;

    10 vs. 6 – Overmatched.

MANUALSCORING SYSTEM

1. The majority of Service Boxing Events will be scored manually using the “Ten Point Must system”, with 3 judges appointed at ringside.

2. The Supervisor is to provide a rota for the judges and referees (See Section 9 Annex B Officials Rota).

3. At the end of each round, each Judge must determine the winning Boxer of that round by awarding a score of ten (10) points and by awarding nine (9) or less points - down to 6 - to the losing Boxer, depending on the judgment as to the degree to which the opponent lost the round. Every round must have a declared winner.

4. Each Judge will independently judge the merits of the two (2) Boxers using the Scoring System based on following criteria:

Number of quality blows on target area;
Domination of the bout by tactical and technical superiority;
Competitiveness;
Infringement of the rules.

5. The Judges must apply the following criteria to score round:

10 vs. 9 – Close round;

10 vs. 8 – Clear winner;

10 vs. 7 – Total dominance;

10 vs. 6 – Overmatched.

6. Each Judge is to fill in the Judges Round Score Sheet (Section 9 Annex C); this is a tear off sheet and will be provided at the judge’s position. Judges should also add the scores to the Judges Reference Score Card after each round; this is the judge’s personal record of the bout and should be used for reference to avoid confusion at the conclusion of the bout when judges are required to annotate the winner.

7. The Referee is to collect the tear off section from each judge in the interval between rounds and pass them to the Supervisor.

8. On completion of the last round of the bout or if the bout is terminated early the judges are to score the round and to add the winner of the bout and a letter from A, B, C or D, each describes the reason for the boxer winning (the letters and descriptions are on the (Judges Reference Score Card (Section 9 Annex C / 1)

9. The Supervisor is to transpose the selected judges scores to the Supervisors Bout Report (Section 9 Annex E)

10. At the conclusion of the bout the Supervisor is to complete the MC/Announcer Score Sheet (See Section 9 Annex D) and pass this back to the Referee who in turn will pass it to the MC.

DECISIONS

WIN ON POINTS – WP

1. At the end of a Bout, each Judge will determine a winner based on the Boxer's total scores of the Bout. The winner will be determined by either unanimous or split decision..

2. The Judges will score the round for each Boxer up to the time of the termination of the Bout and the Boxer who is ahead on points will be declared the winner of the Bout on points in accordance to the Scoring System. The round in which the Bout is stopped will be scored, even if it is a partial round.

3. Para 2 above applies if an injury during any round is caused by an unintentional foul occurs and as a result the contest is stopped by the Referee.

4. The Judges will score the round for each Boxer up to the time of the termination of the Bout and the Boxer who is ahead on points will be declared the winner of the Bout on points in accordance to the Scoring System. The round in which the Bout is stopped will be scored, even if it is a partial round.

5. Para 4 above applies in the case both Boxers are injured at the same time and as a result the contest is stopped by the Referee;

6. The Bout may be terminated by the Referee due to an event that is out of the Boxer's or Referee's control, such as the destruction of the ring, failure of the lighting supply, forces of nature and other similar unforeseen conditions. In such circumstances, the Judges will score the round for each Boxer up to the time of the termination of the Bout and the Boxer who is ahead on points will be declared the winner of the Bout on points in accordance to the Scoring System. The round in which the Bout is stopped will be scored, even if it is a partial round (this rule will only apply if the event occurs after the end of Round 1).

There is no technical draw.

WIN BY TECHNICAL KNOCKOUT – TKO

7. If a Boxer retires voluntarily due to injury or if the Coach throws the towel into the ring or appears on the apron, however not while the Referee is counting, the opponent will be declared the winner of the Bout by TKO.

8. If a Boxer fails to resume boxing immediately after the rest period between rounds, the opponent will be declared the winner of the Bout by TKO.

9. If a Boxer, in the Referee's opinion, is being outclassed or is receiving excessive punishment or hard blows, the Bout will be stopped and the opponent declared the winner of the Bout by TKO.

10. If a Boxer is unfit to continue and fails to resume boxing after a Knockdown, the opponent will be declared the winner of the Bout by TKO.

11. If a Boxer does not recover after ninety (90) seconds, in accordance with Rule 7 concerning the low blow, the opponent will be declared the winner of the Bout by TKO.

12. In the case of a Boxer being punched out of the ring by a legal blow, the Boxer must be allowed thirty (30) seconds to come back into the ring, after the 8-count, without the help of anyone. In the case the Boxer is not able to come back within the above mentioned timeframe, such Boxer will be deemed to have lost the Bout by TKO..

13. When the Bout is stopped by the Referee at the discretion of the Supervisor following the advice of a Ringside Doctor, the opponent will be declared the winner of the Bout by TKO.

WIN BY TECHNICAL KNOCKOUT INJURY – TKO-I

14. If a Boxer, in the opinion of the Referee, is unfit to continue because of a sustained or increased injury from correct punches, the Bout will be stopped and the opponent will be declared the winner of the Bout by TKO-I.

15. If a Boxer, in the opinion of the Referee, becomes incapable of continuing to compete because of an injury sustained not from punches, the Bout will be stopped and the opponent will be declared the winner of the Bout by TKO-I.

WIN BY DISQUALIFICATION – DQ

16. If a Boxer is disqualified for a foul or for any other reason, the opponent will be declared the winner of the Bout by DQ. A boxer who wins a bout by an opponent being DQ'd who is declared unfit to box in the next bout of the competition will cease to be included in the draw. Any points gained for a team competition will be awarded at this point.

17. If the Referee, at his/her discretion, determines that an intentional foul caused an injury to a Boxer and that the fouled and injured Boxer cannot continue because of the injury sustained from this intentional foul, the offending Boxer will be disqualified and the injured Boxer will be declared the winner of the Bout by DQ.

18. The third warning in the whole Bout will automatically disqualify the Boxer and the opponent will be declared the winner of the Bout by DQ.

19. A disqualified Boxer will not be entitled or awarded points relating to the Bout. If the Boxer has been disqualified due to misconduct or unsportsmanlike behaviour, it has to be brought to the attention of the AIBA Disciplinary Commission by the Supervisor within twenty-four (24) hours of the end of the respective Bout.

WIN BY KNOCKOUT– KO

20. If a Boxer is knocked down and fails to resume boxing before that Boxer is counted up to ten (10), the opponent will be declared the winner of the Bout by KO.

21. In the case of an emergency and the Referee summons the Ringside Doctor in the ring before the Boxer is counted up to ten (10), the opponent will be declared the winner of the Bout by KO.

22. In the case a Double KO occurs, both Boxers will lose the Bout by KO. Unless the Double KO occurs in the final of the competition then the Judges will score the bout and the winner will be the boxer ahead on points at the point the bout was terminated.

WIN BY WALKOVER – WO

23. If a Boxer is present in the ring fully attired and ready to box and the opposing Boxer fails to appear in the ring after being announced and a maximum period of one minute has elapsed after the bell has been sounded, the Referee will declare the present Boxer to be the winner by WO.

24. In the case the Supervisor knows in advance that a Boxer will not be present, he/she must cancel the procedure mentioned in Rule 4.7.1 and the result must be officially announced.

25. No medal will be awarded to a Boxer who has not boxed at least once within the entire competition period.

NO CONTEST – NC

26. The Bout may be terminated by the Referee due to an event that is out of the Boxer's or the Referee's control, such as the destruction of the ring, failure of the lighting supply, forces of nature and other similar unforeseen conditions. In such circumstances, **if it occurs before the end of the first round**, the Bout will be terminated and the decision will be a No Contest (NC). The Bout will then have to be rescheduled by the Supervisor.

ANNEX D TO
SECTION 6 TO
ARMY BA AIDE MEMOIRE 2015

ARMY BA – MASTER OF CEREMONIES / ANNOUNCER ADVISORY NOTES

GENERAL

1. A major difference in civilian boxing and military boxing is the appointment of the Master of Ceremonies (Military) / Announcer (civilian boxing), and their duties and responsibilities. Announcers in civilian boxing events are announcers, introducing the boxers and announcing the results of the bouts. In military boxing events an MC has significantly more responsibility and essential duties which are detailed in this section. It is customary within Army BA circles to invite the senior Warrant Officer within the hosting unit to undertake the duties of Master of Ceremonies (MC).. These individuals are usually highly experienced, intelligent and sensitive to the need for a common-sense approach to military boxing events. These advisory notes should, therefore, be given to the MC well before the event, together with an explanation that they are offered for advice and assistance with the role.
MAJOR RESPONSIBILITY

2. The major responsibility of the MC is to ensure the safety and good order of those attending the event. This is significantly different to a civilian event where the Announcer's duties are to introduce the boxers and to announce the result of the bout To this end the MC will require the assistance of seating stewards, fire piquet and similar 'duty' personnel. A safety briefing is to be given by the MC to the whole audience prior to the start of the event.

BOXING DUTIES

3. The MC's boxing duties are to call for the boxers to enter the arena/ring, to introduce them to the audience at the appropriate moment and announce the judges' decision.

SAFETY BRIEFING POINTS/SUGGESTED SCRIPT

4. The MC should enter the ring to deliver the introductory briefing. The following script is offered in order to cover the fundamental points that need to be included within the safety brief. There are, of course, local factors for the environment/building that will need to be addressed also.

> "Before the start of the boxing, and in the interests of safety, there are a few points that I need to bring to your attention. Firstly, please switch off/or switch to silent mode, any mobile phones. In the unlikely event of a fire or other circumstance that requires the building to be cleared, you are to leave in an orderly manner via the following exits." **(Illustrate which section of the audience is to vacate the building by the most appropriate door.)**
>
> **"Once outside of the building you are to move to** (state where) **and to form up in** (state which) **groups, where the senior person present is to call the roll. You are then to await further instructions."**

"In the event of a failure of the main boxing lights you are to remain seated and to keep silent. Either the main hall or emergency lighting will function - you will then be briefed as to what action you are to take."

"Are there any questions on this briefing?"

AUDIENCE BEHAVIOUR/SUGGESTED SCRIPT

5. The following script is offered to cover the fundamental points that need to be included within the audience behaviour brief:

"You are encouraged to support your boxers. However, the following points are to be noted and complied with. There is to be no booing, slow-handclapping, jeering, whistling, catcalls or chants of 'easy'. Boxing is not easy. You are to remain silent at the following times: when I am talking; whenever I blow my whistle; whenever the referee is talking to the boxers; whenever a boxer is receiving a count from the referee or the boxer is down on the canvas; whenever the Medical Officer is talking to or attending a boxer; when the boxing lights fail."

FOLLOW-ON FORMAT

6. Having covered the points in paras 4 and 5 above, the MC should tell the audience to **'sit easy'** until they are told to either stand or sit up upon the arrival of the principal officer/guest/VIP. The MC should remain in one neutral corner of the ring. Immediately prior to the arrival of the Principal, call the audience to the state previously decided. Upon the arrival of the Principal at his/her seat, move forward and halt without stamping the foot. Give the welcome and ask for permission to continue; once given, return to the neutral corner and give permission for the audience to relax. The referee will then enter the ring and move to the free neutral corner; boxing can now commence.

7. Call '**boxers**'. The boxers enter the arena in the pre-arranged order and enter the ring via their respective corners. When they are both in the ring the referee will go to one boxer to check the dress and equipment. The MC should go the other boxer to confirm the personal details are as published on the programme and to offer good luck. When the referee moves to check the other boxer, the MC should establish the details of the opponent and repeat the good luck offering. The MC then retires to the neutral corner and the referee to the other one. When both are present, the MC then makes the following announcement:

" The (state number) **bout on your programme is a** (state weight) **contest between in the red corner and representing** (state unit, boxer's rank and surname) **and in the blue corner representing** (state unit, boxer's rank and surname)**."**

8. After this announcement, the referee will move to the centre of the ring and call both boxers to come together there. After a short briefing and shake of hands the boxers are instructed to return to their respective corners. When they arrive there, the MC states loudly:

“ Red (state name only), **blue** (state name only).”

Leave the ring via an area adjacent to the neutral corner. The referee will then start his pre-bout checklist with officials; check the ring and apron are clear and tell the timekeeper to begin.

9. On the conclusion of the bout, re-enter the ring via the neutral corner area. Wait there until the referee has completed the check on scoring with the Supervisor. The referee will approach you with a result sheet with the decision that you are to announce. The referee will then call both boxers to together at a pre-designated area, face them towards the principal and take hold of the wrist of the inside arm of both boxers.

10. After the announcement, both boxers leave the ring. When the referee is assured that the MO is present and the officials are ready, announce, **“boxers”** and the process is repeated. If the MO is not present at the ringside, announce to the audience, **“there will be a short delay whilst the MO is checking on a boxer. Boxing will resume when the MO returns.”** After the announcement of the winner of the bout preceding the interval, the MC orders, **“Sit up.”** Approach the Commanding Officer and seek approval to invite the guests to leave the area and the other members of the audience to depart once the guests have left. Once approval is given, return to the neutral corner and announce the arrangements made by the OIC Boxing, together with a notification of what time people are to return and be seated by. Leave the ring. Return in good time to repeat the 2nd phase of the evening and continue the process.

POST-BOXING ARRANGEMENTS

11. Once the last boxers have left the ring, the ring-manager will arrange for the presentation table, trophies and medals to enter the ring. When this phase is complete, the MC calls, **“boxers**” and all boxers and the coaches enter the arena and then into the ring. Ensure that the boxers are kneeling in two rows on either side of the ring facing inwards and opposite their opponents. Approach the Commanding Officer and invite him/her and the agreed guests/sponsors to enter the ring. After the Commanding Officer/senior guest have entered and have spoken, announce,

“The runner up of the (state weight) **is** (state Rank and Surname) **of** (state unit).
“The winner of the (state weight) **is** (state Rank and Surname) **of** (state unit).

These announcements continue to cover all bouts boxed.

Note: Prize giving for individual bouts may take place throughout the tournament, after each bout

12. Depending on what agreement has been reached previously regarding who is to present what trophies/medals and where in the proceedings speeches are made. The next announcement is:

“As judged by (nominated individual or often the officials**), the most gallant contender is** (state Rank and
Surname) **of** (state unit).
“The award of best boxer as judged by (nominated individual or often the officials**) is** (state Rank and Surname) **of** (state unit).

13. If applicable, announce the winning team and the competition:

“ The winners of the (state year and competition title) **are** (state team).

14. The MC then orders the audience to, “**Stand up.”** The National Anthem is played. On completion, seek the authority of the Commanding Officer to carry on. Once given, assist the Commanding Officer/guests to leave the ring. After they have departed the building, ask the officers to leave, followed by the warrant officers and senior non commissioned officers and then the other ranks. Often, there will be photographs taken of the boxers, Commanding Officer and principal guests. These arrangements should be under the control of the OIC Boxing, but be masterminded by the MC.

MASTER OF CEREMONIES INDIVIDUAL BOUT SCRIPT

On signal from the Whips that the boxers are in position, give the command

"BOXERS"

Boxers will enter the ring as prescribed by the boxing officer or the event coordinator.

Once the Boxers have entered the ring the Referee will signal the MC to check the details of each boxer, normally stepping off to the right!

The MC will approach each boxer to ensure the programme details are correct.

Once the details of both boxers are confirmed and the referee has retired to the neutral corner the MC will introduce the bout as follows;

"The *First* (insert number) ***bout of the evening is a*** *Development Grade A Heavy Weight* (insert weight and category of boxer) ***contest boxed over*** *3 or 4* (insert 3 or 4) *2 or 3* ***min rounds*****;**

between in the Red Corner and representing ……..

Rank **……..** Name **……**

And in the Blue Corner and representing ……...

Rank **……..**Name **…….**

The MC then steps outside of the ropes as the Referee will call both boxers to the centre of the ring. Once the referee finishes his pre bout brief the MC announces

"RED …….. (surname) ***BLUE ……..*** (surname)"

At the completion of the bout the MC enters the ring and stands in the neutral corner. The referee will collect the Bout Result Sheet from the Supervisor and pass it to the MC.

The referee calls both boxers to the centre of the ring.

The Referee may request that the MC congratulate the boxers on a hard fought contest.

The result of the bout is then announced by the MC as written on the Bout Result Sheet.
(See Annex D to Section 9)

SECTION 7 – EVENT ORGANISATION

GENERAL

1 The organisation of a boxing tournament can appear to be a daunting task. There are a number of outside agencies involved and detailed long-term planning is essential if the event is to be a success. Boxing Officers are strongly advised to liaise with Formation Boxing Secretaries well in advance of the date(s).

2 The responsibility for accounting, correspondence and general management of a boxing event is to be vested in a commissioned officer. Technical advice on the set up of the ring area and training issues should be sought from formation Army BA reps (See Section 1) and RAPTC personnel.

PRE-TOURNAMENT ADMINISTRATION

3 Well in advance of the tournament/fixture; agree dates with Commanding Officer(s) that will facilitate the preparation required;

a. Boxing Officer.

(1) Unit Affiliation. Each Unit is required to complete a Unit Affiliation Section 4 Annex A application prior to the commencement of any boxing training successful applications will receive a Certificate of Affiliation from the Army BA

(2) Certificate of Assurance. An application must be made to the Army Boxing Association 12 weeks in advance, applications are at Section 7 Annex A.

- Boxing involving civilians or a civilian venue requires communication with the appropriate authorities (civilian regional association secretary of the event, civilian regional association secretary of the boxers, G2 branch of the regional HQ and the venue) by the Army Boxing Secretary is imperative, see Annex B to Section 7

(3) Ring and Officials. Boxing rings and officials for military boxing events are controlled by Regional Secretaries, applications must be made 12 weeks in advance to allow appropriate planning time. Contact details for Secretaries are at Section 1.

(4) Tournament planning. The Boxing Officer is to agree an appropriate time for the duration of the competition in accordance with the rules of Amateur Boxing.

i. Service Boxing Tournaments;

a. May not include more than 26 bouts on a single day.
b. No boxer is permitted to box more than once on a single day.
c. Boxing should be programmed as per the example overleaf unless there is scope for rest days (where possible rest days are encouraged to benefit the recovery of the boxers).

Example of Service Boxing Tournament

Day 1 Round of 16 – up to 26 bouts 1 ring more than 26 bouts 2 rings are required
Day 2 Quarter Finals
Day 3 Semi Finals
Day 4 Finals

If there are more than 16 boxers entered in to the competition at the same weight then an extra days boxing will need to be planned at the beginning of the tournament.

a. Boxers

All information related to boxers can be found at Section 3 - Boxers

b. Officials.

(1) Para-medics. See Section 11 Annex D – Ringside Medical Support to Boxing.

(2) Medical Officer. See Section 10 Annex D -Ringside Medical Support to Boxing.

(3) Referees & Judges. Apply for referees and judges/timekeepers from the Formation Army BA Officials' Secretary. Where formation Army BA Officials' Secretaries are unable to provide the requisite number of officials or officials of the required standard for an event to take place, they are to apply to the Secretary Army BA Major Panel Officials, through the Secretary Army BA, for assistance. A minimum of three weeks' notice is required. Under no circumstances are officials to be requested by any other means. Host units will be responsible for hosting officials and providing accommodation, if required.

(1) Dress for Officials The dress for officials is in line with the rules of boxing, i.e. Blazer White Shirt and Black Trousers etc, this is to allow Referees who are also qualified Judges to judge throughout the competition. If you wish officials who are annotated as Judges only to wear Mess Dress the boxing officer should contact the Army BA as early as possible to discuss.

(5) Internal Officials. Arrange for internal officials via the unit chain of command. Ensure that the Master of Ceremonies (MC) receives a copy of the brief at Annex B to Section 6.

(6) OIC Weigh-In. Contact the formation Army BA rep to appoint an OIC Weigh-In and agree the date, time and venue for the weigh-in to be conducted.

c. Weighing Scales. Arrange for a suitable set of weighing scales (approved electronic scales are permissible) to be inspected, calibrated and certified using Annex A to Section 8 at least 48 hours prior to the event. Once checked, the scales are to be securely sealed by the engineer and are **not** to be moved. Ensure that the certificate of calibration is handed to the OIC Weigh In on arrival.

d. Equipment. Ensure that all boxing equipment complies with the AIBA-approved pattern and is serviceable. Book all of the equipment necessary for the event via the unit chain of command.

e. Event Documentation. Ensure that all technical documentation necessary for the event is current Army BA (Section 9). Check with formation Army BA reps. Arrange for the programme to be designed and printed.

f. Boxing Ring. Liaise with the formation G7 PD Branch for the provision of a 4-rope boxing ring and the ancillary equipment. Arrange for RAPTC assistance with the set-up of the boxing ring to ensure that the lay out conforms to current Army BA rulings (Annex D & E to Section 7)

g. Fire Inspection. Arrange for an advisory fire inspection visit, during the fire inspection you will be told the seating capacity of your venue.

h. Emergency Lighting Plan. Lighting Plan. Adequate lighting is required for the field of play and more specifically, above the boxing ring. The organisers are responsible for ensuring that this is provided. All lighting should be thoroughly inspected prior to the event. An emergency lighting plan must also be considered, this may involve an 'on call' duty electrician.

i. Band/Pipes & Drums. Book external Bands or Pipes & Drums well in advance. The band programme is usually organised at least 6 months in advance. If music is to be utilised within the overall show, arrange for a 'DJ'.

j. VIPs/Guests/Sponsors. Liaise with PAs to VIPs reference availability and itineraries. Issue invitations to guests and sponsors and arrange for suitable hosting arrangements for visitors.

k. Trophies/Medals. Arrange for annual/perpetual trophies to be returned in a clean, engraved and serviceable condition. Ascertain which individual trophies/medals are to be awarded and order them and any engraving well in advance.

l. Function Venues. Agree the format of the event with the Commanding Officer (CO). Write to Mess PMCs for agreement to use the various Messes. Organise catering, security, fire cover etc. Draft the Administrative Order for CO's approval and disseminate once given.

OTHER-RELATED ISSUES

Related Boxing Rules. Boxing Officers should be aware of a number of rules that can limit the inclusion of boxers in competitions or events See Section 3 Boxers Para Related rules.

Disqualifications. The circumstances relating to any disqualification are to be reported by the Official IC using Annex G to Section 10 to the individual's CO. *Disqualified boxers do not normally receive a medal/individual trophy. Only the Official IC can decide that a disqualified boxer may receive a medal/individual trophy*.

POST-EVENT TASKS

The major post-event task is to conduct the event 'wash-up'. Lessons learned and improvements must be discussed with those responsible, accounts need to be balanced and audited and letters of thanks written to sponsors and outside agencies. Upon receipt of the bill for para-medics forward it to the formation G7 PD Branch or relevant office for processing (do not send a photocopy as the Financial Branch will not process them).

a. Tournament Record Sheet must be faxed to the Army BA Sec (94222 7094) the day after the event, a copy held by the unit and the original should be sent via post to ARMY BA Sec.
b. The Event Score Cards are to be filed for a period of no less than 30 days.

ANNEX A TO / SECTION 7
ARMY BA AIDE MEMOIRE 2015

ARMY BOXING ASSOCIATION – CERTIFICATE OF ASSURANCE APPLICATION

BOXING COMPETITION –

TITLE …… DATE OF EVENT ……..

(UNIT) ……..…… V (UNIT / ORG) ……

TYPE OF EVENT (please circle or highlight)

A Mil pers v Civ @ civ location **B Mil pers v Civ @ mil location**

C Mil pers only / Civ location **D Civ pers v Civ pers @ Mil loc**

E Mil pers / Mil loc (For Example Inter Coy or Inter Unit on Camp)

An administrative fee of £25 is required for options A – D but not E which remains free. Cheques should be made payable to ASCB Central Bank and should be enclosed with your application **8 WEEKS** prior to the event.

VENUE ……

……

POST CODE ……

BOXING OFFICER……

ADDRESS ….. ……
……..

EMAIL ADDRESS (please make this another123@mod.co.uk or civilian style address as the ASCB are not on a military IT Network)

……

TELEPHONE MIL …… MOBILE NO……

PLEASE SEND THIS APPLICATION TO.

Secretary Army Boxing Association
Army Sports Control Board OR ABA@ASCB.UK.COM
Fox Lines
Queens Avenue
ALDERSHOT
Hampshire
GU11 2LB

TELEPHONE ARMY BOXING ASSOCIATION 94 222 7089

CHARITY BOXING EVENTS AND SPORTS TOURS AND CIVILIAN BOXING

GENERAL

The vast majority of military boxing takes place in on service property and involves service personnel only. There are a small percentage of military boxing events that involves civilians in some way;

a. Military boxers v Civilian boxers in a civilian location
b. Military boxers v Civilian boxers in a military location
c. Military boxers only in a civilian location
d. Civilian boxers v Civilian boxers in a military location

Any event that involves civilians requires the organiser to engage early with the Army BA Sec to allow liaison with civilian counterparts to ensure the event is licensed and all the civilian boxers and officials are insured.

REGIONAL ASSOCIATIONS

There are 11 Regional Association in England, and each control and license boxing events in their geographical area. The Combined Services Boxing Association is an association in its own right. Any boxing that takes place in England must be licensed and this responsibility lies with the Regional Association Secretary, the only exception to this is for Service Boxing as long as it takes place with service personnel only and takes place on service property.

TOURNAMENT PERMITS

Permits or Licenses are granted to boxing events by the secretary whose region the event is due to take place in. They usually cost approximately £200.

Tournament permits are granted to ensure that matches and events are run within the rules of England boxing and are presided over by qualified officials. A permit acts as insurance for the boxers in the case of serious injury during a bout.

White collar boxing is unlicensed and uninsured, and is not permissible by any registered boxer.

VENUE LICENSES

Hotels, Leisure Centres and function halls must be licensed to stage boxing events. Organisers should ensure that the venue has a license to stage a boxing event.

BOXING SHOWS INVOLVING MILITARY AND CIVILIANS

The organisers of any shows that involve civilians in any way stated in Para 1 or Annex B to Section 7 must contact the Army BA Sec at the outset of any planning to discuss the event and the licensing of it.

Supervisors. The Supervisor is the senior official and is responsible for the safe conduct of the boxing on the event.

a. A civilian supervisor must preside over a boxing event in a civilian location even if it is two military teams unless a military official known to the Regional Association Sec is agreed upon.

b. A civilian supervisor may not preside over a boxing event in a military location even if the boxing taking place is between two civilian clubs.

Permit. The Army BA Sec will contact the Regional Association Sec to ensure a permit is provided as cheaply as possible if a civilian venue is being used. If a military venue is being used to host civilian boxers then the Army BA Sec will provide the appropriate permit (Certificate of Assurance).

Officials and Coaches. Officials and Coaches must be appropriately registered to take part in a civilian boxing event, this requires a registration through England Boxing (£22) and coaches will require a Disclosure and Barring Service certificate. Details of this can be found in Section 4. This is often time consuming so early engagement is important.

Boxers. All boxers must be registered through England Boxing this is no more difficult than a Service Only boxing registration. Cost of this registration is £11 per boxer.

Application for authority to box in a civilian competition. Each boxer must apply to their CO for authority to box outside of a military environment. A copy must be sent to the Army BA Sec and a copy of the Tournament Record Sheet must be sent to the Army BA after the bout. A copy of the application can be found at Annex C to Section 7.

BOXING AGAINST CIVILIANS OUTSIDE OF ENGLAND

For boxing events that involve civilians and service personnel, all of the processes above must be followed, plus the Army BA Sec must liaise with both the countries boxing executives to gain permission for boxers registered to England Boxing to box foreign nationals, this applies to Northern Ireland. Only countries affiliated to AIBA may be competed against. See annex B/2 to Section 7

SPORTS TOURS

For boxing teams that wish to embark on a sports tour organisers must follow all the steps above and additionally apply for permission to tour from the Army Sport Control Board see 2014DIN10-054 and the Army Sports Lottery 2014 DIN10-055 . The ASCB Sec will liaise regarding diplomatic clearances if required. Information regarding the organisation of Sports Tours can be found at http://armysportcontrolboard.org/tours

The Army BA Sec will be required to apply to England Boxing for permission to take an English registered team abroad to box, only countries affiliated to AIBA may be visited.

England Boxing will liaise with the National Governing Body of the country to be visited to ask whether the boxers due to be matched are appropriately registered with genuine records of experience. See Annex C1 to Section 7.

Unit Details Block

ANNEX C TO
SECTION 7 TO
ARMY BA AIDE MEMOIRE 2015

See Distribution

Ref:

Date:

ARMY BA APPLICATION FOR AUTHORITY TO BOX IN A CIVILIAN COMPETITION

Reference:

A. Army BA Aide Memoire 2015 Edition.

1. As outlined in Ref A, the following boxer from this unit has been authorised to compete/box against civilians as indicated:

   a. Regt No: ……..

   b. Rank: ……..

   c. Surname/Ints: …….

   d. ME3 Reg No: ……

1. The event details are:

   a. Venue: ……

   b. Date(s): ……..

   c. Organising Body: ……

   d. Opponent ……

3. A completed Army BA Tournament Record Sheet (Annex A to Section 8) will be forwarded to **Sec Army BA** immediately after the event has concluded.

Lt Col
Commanding Officer

Distribution:

Action:

Sec Army BA

Information:

Formation Army BA Rep

Annex C/1 TO
Section 7 of
ARMY BA AIDE MEMOIRE 2015

PERMISSION TO BOX ABROAD

Please complete the form below and return to the ARMY BA Office together with the attached names list.

NAME OF ENGLAND BOXING CLUB / ASSOCIATION:	
NAME OF FOREIGN CLUB / ASSOCIATION:	
COUNTRY:	
NAME & VENUE/S FOR TOURNAMENT	
DATE/S OF TOURNAMENT	
DATE TEAM DEPARTS ENGLAND	
DATE TEAM ARRIVES HOME	
NUMBER OF BOXERS & SUPPORT STAFF	
NUMBER OF CONTESTS PER BOXER (i.e. ONE OR TWO)	
Name & Role of Person responsible for team (Boxing Officer)	
Telephone Number – **Email -**	**Signature**

Regional Association Secretary Declaration

I confirm that all boxers named on the list of names have valid medicals, all coaches and/or officials have valid CRB's and all delegates named are registered with ENGLAND BOXING for the current season.
I understand that full permission cannot be granted until Travel Insurance Documentation has been provided

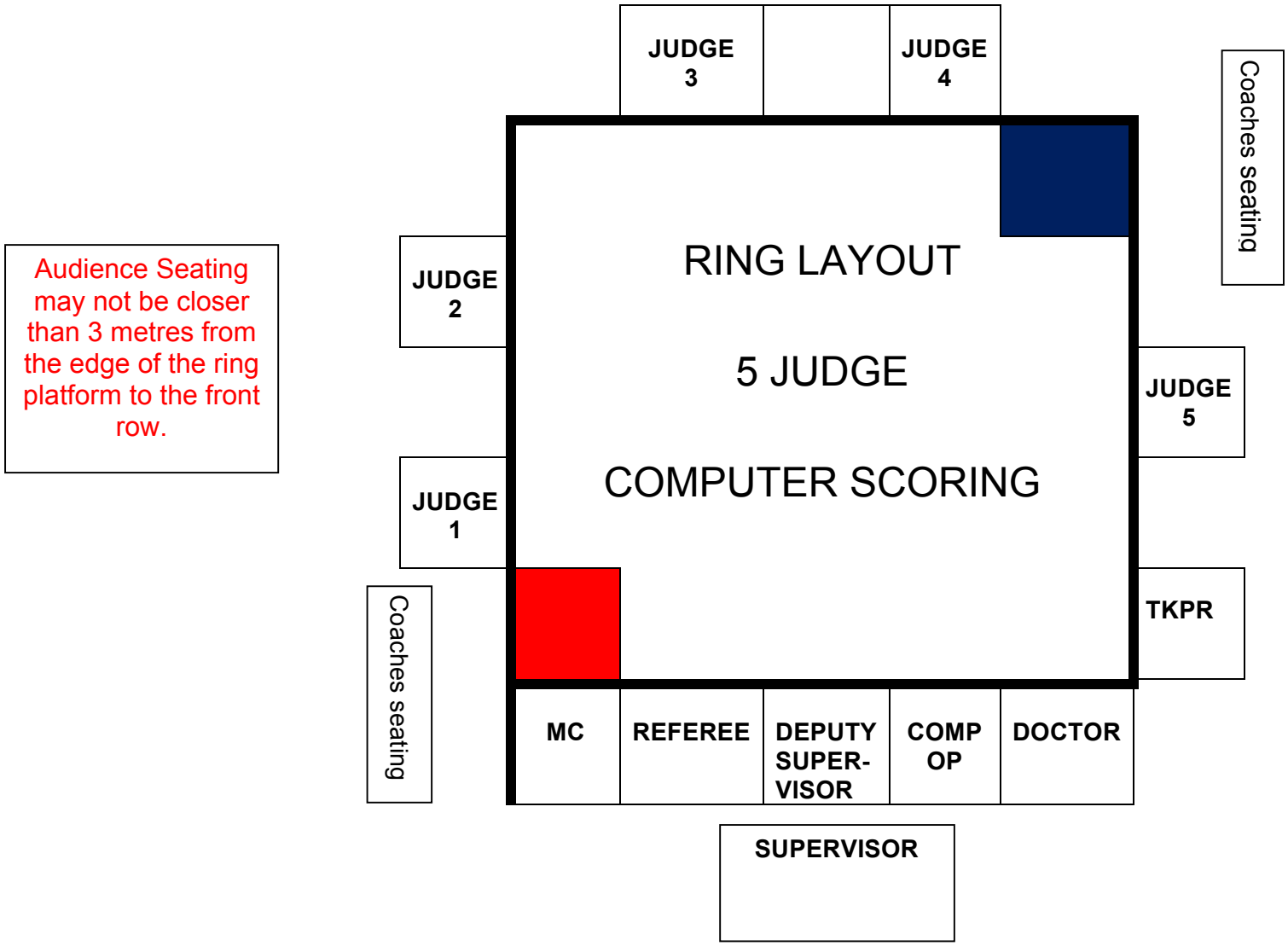
Signed (Regional Association Secretary)	**Date**

PERMISSION TO BOX ABROAD – NOMINAL ROLL

NAME OF UNIT / ASSOCIATION:				
DATE/S OF TOURNAMENT:				
NAMES OF BOXERS			**NAMES OF SUPPORT STAFF / OFFICIALS**	
1			**1**	
2			**2**	
3			**3**	
4			**4**	
5			**5**	
6			**6**	
7			**7**	
8			**8**	
9			**9**	
10			**10**	
11			**11**	
12			**12**	

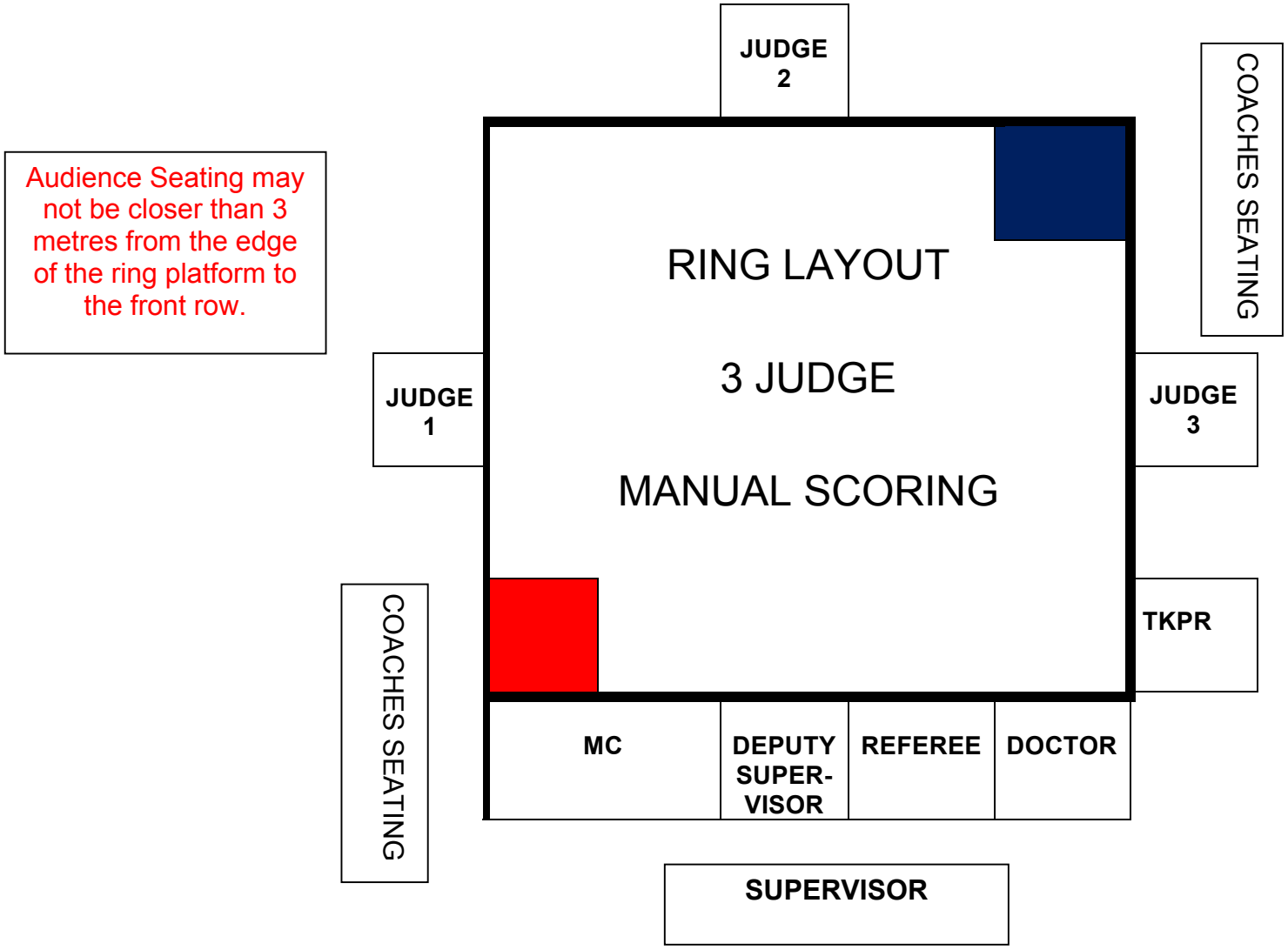
ANNEX D TO
SECTION 7
ARMY BA AIDE MEMOIRE 2015

COMPUTER SCORING RING LAYOUT



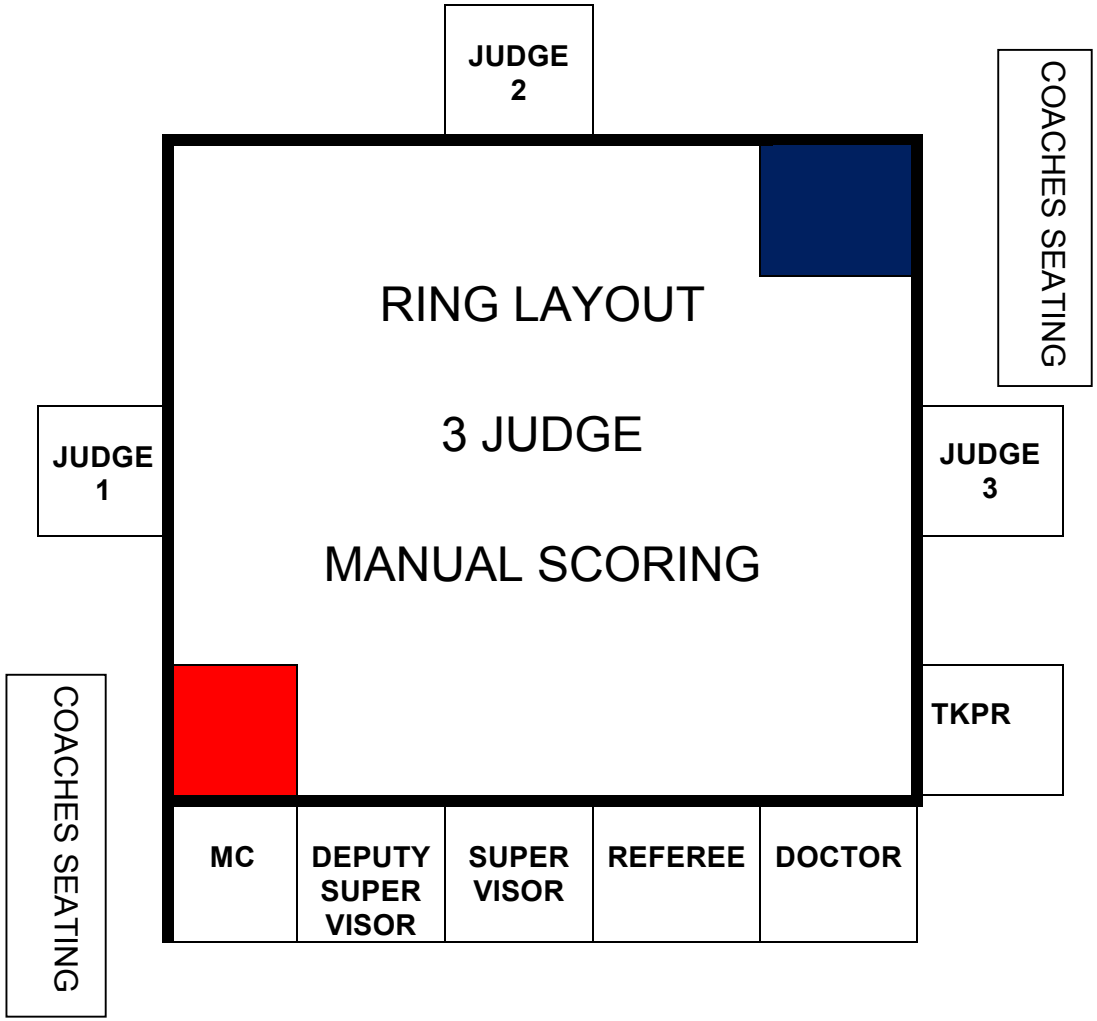
ANNEX E TO
SECTION 7
ARMY AIDE MEMOIRE 2015

MANUAL SCORING RING LAYOUT



MANUAL SCORING RING LAYOUT FOR LOCATIONS WITH LIMITED SPACE

Audience Seating may not be closer than 3 metres from the edge of the ring platform to the front row.



SECTION 8 WEIGH-IN

GENERAL

1. The Weigh in is an integral part of any boxing event and must be completed professionally. There are two types of Weigh in; General Weigh or Daily Weigh in.

General Weigh In – this is the weigh in that takes place at the start of a tournament where all the boxers involved in the tournament must weigh in to enter the tournament not all the boxers will box on the day of the General Weigh In. This can be a long process with lots of boxers and can involve more than 1 set of scales.

Daily Weigh In – this is a weigh in where the boxer weighing in is scheduled to box on the day of the weigh in.

WEIGHING SCALES

2. Weighing scales are to be used to weigh-in all boxers and reserves as described below. Army BA recommends the use of self-calibrating digital scales which only require an annual calibration and will only need to be brought to the venue in time for the weigh in. Analogue scales (those with hanging or sliding weights) are no longer to be used for boxing weigh ins. The certification of inspection, calibration and accuracy is to be given to the OIC Weigh-In, who, in turn, is to pass it on to the Supervisor.

DUTIES OF APPOINTED OIC WEIGH IN

3. The local Army BA representative will appoint an OIC of the weigh-in and the venue.

4. The OIC Weigh in is to:

a. Ensure that all boxers and reserves are in possession of a current and valid Registration Card.

b. Check each individuals MOD Form 90 (ID Card) and gum-shield.

c. Ensure that all female boxers have in their possession a fully completed certificate (Annex E to this Section 11). The certificate is to be secured in the back of the registration book, together with the Annual Medical proforma.

d. Ensure that the scales to be used are calibrated and have a current calibration certificate (Annex A to Section 8 (Self Calibrating Digital Scales require an annual calibration only)). The certificate is to be passed to the Supervisor.

e. Weigh in all of the eligible boxers and certify the weight of each individual and record the details on the Weigh-In Proforma (Annex B 1,2 or 3 to Section 8) and confirm the nominated boxers in bout order on the OIC Weigh in Nominated Boxers Form and hand to the Supervisor on Annex C to Section 8.

f. Ensure that the Team Manager/Coach produces the Certificates of Eligibility (Annex A to Section 10), signed by Commanding Officers and pass them to the Official-in-Charge.

g. Sign and date the OIC's Weigh-In Declaration Form (Annex D to Section 8) and pass it to the Official-in-Charge.

WEIGH-IN RULES

5. The Weigh in may take place before the boxers Pre Bout Medicals.

6. Team Competitions. In team competition weigh-ins, each team, including reserves, is to be weighed-in separately using the same scales at the same venue and without undue delay between the teams.

7. Individual Competitions. In individual competitions, each boxer is to be weighed in at the same venue using the same scales.

8. Weight Category Rule. As a general rule, it should be noted that no boxer is permitted to take part in a contest where the weight differential is greater than that allowed in the championship weight category (see matchmaking Section … para…)

9. Females. Females must weigh-in dressed in shorts and singlet. (A chaperone must be present).

10. Juniors. There are 2 caveats applicable to juniors weighing in:

Juniors must weigh-in dressed in shorts or underpants

A chaperone must be present for boxers aged less than 17 years of age.

11. Timings. The following timing rules shall apply to weigh-ins:

Official weighing-in scales to be inspected, calibrated and sealed within 48 hours of the event.

The weigh-in is not to take place more than 24 hours prior to the commencement of pre bout medicals.

The time between the end of the General Weigh in and the start of boxing must not be less than 6 hours.

The time between the end of a Daily Weigh in and the start of boxing must not be less than 3 hours.

The official scales will remain securely sealed until the official time for the weigh-in and be opened only by the OIC Weigh-In.

The official scales are open for a maximum of 2 hours only.

12. Check Scales - A check scale is permitted (these are a second set of identical scales to the official scales and are to be calibrated as such and are to be freely available to boxers to check their weight prior to weighing in on the official scale.

13. Weighing in – Each boxer may weigh in on the scales once only (the practice of multiple visits to the scales to monitor weight loss is no longer permitted).

14.Team Representatives. One team representative from each team may attend the weigh-in but is not permitted to interfere in any way.

ANNEX A TO
SECTION 8 TO
ARMY BA AIDE MEMOIRE 2015

CERTIFICATE OF ACCURACY/CALIBRATION OF BOXING WEIGHING-IN SCALES

1. I certify that the boxing weighing-in scales were inspected/calibrated as necessary and they are verified as accurate for weighing-in of boxers:

   a. Serial No. ……

   b. Make/Model. ……

2. The scales were inspected/calibrated as detailed below:

   a. Date. ……

   b. Time. ……

   c. Location. ……

   d. Building. ……

   e. Room No. ……

.

Signed: ……

Name: ……..

Appt: ……...

Unit: ……

ONCE COMPLETED BY THE ENGINEER, THIS FORM IS TO BE RETAINED BY THE HOST UNIT AND PASSED TO THE OIC WEIGH-IN UPON ARRIVAL. IT IS TO BE HANDED ON TO THE SUPERVISOR AND THEN RETAINED BY THE UNIT FOR 30 DAYS AFTER THE EVENT, TOGETHER WITH ALL OTHER SUCH DOCUMENTATION.

ANNEX B TO
SECTION 8TO
ARMY BA AIDE MEMOIRE 2015

ARMY BA MALE – TEAM / INDIVIDUAL WEIGH-IN PROFORMA

Name of Competition:…….. Unit: ……..

Venue: …… Date:…….

WEIGHT CLASS	RANK & NAME	ME3 REG NO	EXACT WEIGHT	SELECTED BOXER
LIGHT FLYWEIGHT **>46kg/<49kg**	1 2 3			
FLYWEIGHT **>49kg/<52kg**	1 2 3			
BANTAMWEIGHT **>52kg/<56kg**	1 2 3			
LIGHTWEIGHT **>56kg/<60kg**	1 2 3			
LIGHT WELTERWEIGHT **>60kg/<64kg**	1 2 3			
WELTERWEIGHT **>64kg/<69kg**	1 2 3			
MIDDLEWEIGHT **>69kg/<75kg**	1 2 3			
LIGHT HEAVYWEIGHT **>75kg/<81kg**	1 2 3			
HEAVYWEIGHT **>81kg/<91kg***	1 2 3			
SUPER HEAVYWEIGHT **>91kg**	1 2 3			

RESERVES

Reserves, which must have been weighed-in at the same time, venue and location as the team, are to be listed here in their weight classes:

.....

.....

.....

.....

.....

.....

.....

.....

Signed: ……

BLOCK CAPITALS

Rank: …….....

Name & Initials…….

Date: ……

OIC Team

ONCE COMPLETED THIS FORM IS TO BE HANDED TO THE OIC WEIGH-IN AT THE ACTUAL WEIGH-IN. IT IS THEN TO BE PASSED TO THE OIC AND ULTIMATELY, BE RETAINED BY THE HOST UNIT FOR 28 DAYS AFTER THE EVENT.

ANNEX B 3 TO
SECTION 8 TO
ARMY BA AIDE MEMOIRE 2015

ARMY BA FEMALE– INDIVIDUALWEIGH-IN PROFORMA

Name of Competition:…….. Unit: ……..

Venue: …… Date:…….

WEIGHT CLASS	RANK & NAME	Boxing REG NO	EXACT WEIGHT	SELECTED BOXER
PIN WEIGHT **>44kg/<46kg**	1 2 3			
FLYWEIGHT **>46kg/<48kg**	1 2 3			
BANTAMWEIGHT **>48kg/<51kg**	1 2 3			
FEATHERWEIGHT **>51kg/<54kg**	1 2 3			
LIGHTWEIGHT **>54kg/<57kg**	1 2 3			
LIGHT WELTERWEIGHT **>57kg/<60kg**	1 2 3			
WELTERWEIGHT **>60kg/<63.5kg**	1 2 3			
LT MIDDLE WEIGHT **>63.5kg/<67KG**	1 2 3			
MIDDLEWEIGHT **>67kg/<71kg**	1 2 3			
LIGHT HEAVYWEIGHT **>71kg/<75kg**	1 2 3			
CRUISERWEIGHT **> 75kg/<81kg**	1 2 3			
HEAVYWEIGHT **>81kg**	1 2 3			

RESERVES

Reserves, which must have been weighed-in at the same time, venue and location as the team, are to be listed here in their weight classes:

……

……

……

……

……

……

……

……

Signed: ……

BLOCK CAPITALS

Rank: …….....

Name & Initials…….

Date: ……

OIC Team

ONCE COMPLETED THIS FORM IS TO BE HANDED TO THE OIC WEIGH-IN AT THE ACTUAL WEIGH-IN. IT IS THEN TO BE PASSED TO THE OIC AND ULTIMATELY, BE RETAINED BY THE HOST UNIT FOR 28 DAYS AFTER THE EVENT.

ANNEX C TO
SECTION 8 TO
ARMY BA AIDE MEMOIRE 2015

ARMY BA OFFICIAL-IN-CHARGE WEIGH-IN NOMINATED BOXER CERTIFICATE

This is to certify that I supervised the weigh-in of the following personnel and confirm their eligibility to compete on …… (date) at ……(location):

REGT NO	RANK	NAME & INTS	REG NO	DoB	WEIGHT

Signed: ……..

Name: ……

OIC Weigh-In

TO BE PASSED TO SUPERVISOR AND ULTIMATELY HELD BY THE HOST UNIT FOR 28 DAYS AFTER THE EVENT, TOGETHER WITH ALL OTHER DOCUMENTATION

To: Supervisor Event

ANNEX D TO
SECTION 8 TO
ARMY BA AIDE MEMOIRE 2015

OFFICIAL-IN-CHARGE WEIGH-IN DECLARATION CERTIFICATE

1. This is to certify that I acted as Official-in-Charge of the weigh-in at:

Venue……. Date: ……..

a. Regt No: …….. b. Rank: …….

c. Surname: …… d. Ints: …….....

e. Registration No: ……

2. I am satisfied that the weighing-scales were sealed and I was the official who broke the seal. The certificate of calibration (Annex A to Section 2) is/is not* enclosed.

3. I verified/did not verify* the following documentation for every boxer presenting for weigh-in, which was conducted without any variation from the procedure outlined in Section 4 of the Army BA Aide Memoire. I confirm also that all boxers were weighed-in and made the weight for their declared category of boxer:

a.	Current and valid Boxing Registration Card	Yes/No*
b.	MOD Form 90	Yes/No*
c.	Legal gum shield	Yes/No*
d.	Cavilon Cream x 2 Sachets	Yes/No*
e.	Females – completed Annex F to Section 11	Yes/No/NA*
f.	Team Certificates of Eligibility – Annex A to Section 10	Yes/No*
g.	Completed the Weigh-In Proforma – Annex B 1 / 2 / 3 to Section 8	Yes/No*

* - delete as appropriate

Signed: ……..

Date: ……..

Time: ……..

SECTION 9 – COMPETITION DOCUMENTATION

1. At ringside for a competition to proceed, the following documentation is required in separate folders as stated;

SUPERVISOR FOLDER

Certificate of Assurance as provided by the Sec of Army BA (See Section 7)

Weigh in documentation as provided by OIC Weigh in – (See Section 8)
- Annex A – Calibration Certificate
- Annex B1 / 2 – Male and Female Weigh in
- Annex C – OIC Weigh in Nominated Boxer Certificate
- Annex D – Weigh in Declaration Certificate

Supervisor's Report Form – Annex H to Section 9
Certificate of Eligibility to Box – Annex A to Section 10
Event Risk Assessment
A copy of the competition rules

REFEREE

Referee Report Form – Annex F to Section 9 (enough for one per bout plus 10%)

DEPUTY SUPERVISOR

Tournament Record Sheet – Annex A to Section 9
Officials Rota Template – Annex B to Section 9
Official Bout Result for MC / Announcer – Annex D to Section 9
Supervisor Bout Report – Annex E to Section 9
Disqualification proforma – Annex G to Section 9

JUDGES 1 TO 3 (ONE FOLDER FOR EACH JUDGE – MANUAL SCORING ONLY)

Judges Bout Score – Annex C to Section 9 (sheets to be cut into 3 and enough cut sheets to cover all of the days boxing plus extra to allow for mistakes)
Judges Reference Score Sheet – Annex C1 to Section 9 (enough to allow for the days boxing plus 1 sheet (each sheet is enough for 6 bouts)).
Scoring System – Computer Scoring and Manual Scoring – Annex B to Section 6 (1 per Judges Folder)

TIMEKEEPER

Timekeepers Bout Reference Log – Annex D to Section 9 (enough for number of bouts plus 10%)

MASTER OF CEREMONIES

Notes for MC – Annex B to Section 6
Individual Bout Script for MC (enough for number of bouts plus 10%)

DOCTOR

Annex E – Pre Bout Medical Examination Questionnaires (Completed)
Annex G – Ringside Injuries Suspension Periods Required
Annex H – Medics Post Bout Checks Proforma
Annex I – Post Bout Head Injury Advice Card (enough for one per boxer)
Annex J – Notice of Boxing Injury to individual Boxer (enough for one per boxer)
Annex I – Record of Injuries and non Injuries in a Boxing Contest

STATIONERY AND SUNDRY ITEMS

The event organiser is requested to provide the following stationery items and items to aid in the smooth running of the event.

Black Biros (1x for each official)
Lumi colours / Highlighter pens (selection)
Stapler (x 1)
A4 Envelopes (x 5)
Gavel (x 1)
Whistle for MC

Army BA Tournament Record Sheet

Photocopy and Enlarge to A3

Date: Name of Club:	Association:	Venue:
Supervisor:	Assistant Supervisor:	Medical Officer:

													Round in which the referee stopped the contest									
Bout No.	Reg No	Name	Club	DOB	Kg	Bout Type			Rds 3X3 4X2 3X2 3x1.5	PNTS Unan/ Split	Won	Lost	KO Type	TKO Head	TKO Body	Eyes	Nose	Ears	Hands/ Arms	Out Classed	Disq	TKO injury	Susp-ensio period
						M or F	J Y E	DEV ELITE															
1																							
2																							
3																							
4																							
5																							
6																							
7																							
8																							
9																							
10																							

This form must be completed in BLACK INK and signed by the Supervisor or the Medical Officer,

Signed: …… Print:…… Designation ……..

ANNEX B TO
SECTION 9
ARMY BA AIDE MEMOIRE 2015

OFFICIALS ROTA TEMPLATE

Bout No	Referee	Judges A	B	C	D	E	Timekeeper	Remarks
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								

Referees Names	Code	Judges and Timekeepers Names	Code	Adjudicators Names	Code
	1		7		19
	2		8		20
	3		9		21
	4		10		22
	5		11		23
	6		12		24
			13		
			14		
			15		
			16		
			17		
			18		

ARMY BA JUDGES ROUND SCORE

Judge Name…..…… Judging position……..

Judges Signature ……..

RND No	RED score out of 10	BLUE score out of 10	BOUT WINNER
			RED BLUE A B C D

At the end of the bout judges must annotate a winner and a reason using A,B,C or D (see Judges Score Ref Card)

cut along line

ARMY BA JUDGES ROUND SCORE

Judge Name…..…… Judging position……..

Judges Signature ……..

RND No	RED score out of 10	BLUE score out of 10	BOUT WINNER
			RED BLUE A B C D

At the end of the bout judges must annotate a winner and a reason using A,B,C or D (see Judges Score Ref Card)

cut along line

ARMY BA JUDGES ROUND SCORE

Judge Name…..…… Judging position……..

Judges Signature ……..

RND No	RED score out of 10	BLUE score out of 10	BOUT WINNER
			RED BLUE A B C D

At the end of the bout judges must annotate a winner and a reason using A,B,C or D (see Judges Score Ref Card)

ARMY BA JUDGES REFERENCE SCORE CARD

In case of a Tie, my preference is

A. COMPETITIVENESS ***B. LEADING OFF AND DOMINANCE OF BOUT***
C. TECHNIQUE AND TACTICS ***D. INFRINGEMENT OF THE RULES***

EVENT ……

ROUND SCORES

BOUT No		RED				BLUE		
	1	2	3	4	1	2	3	4

BOUT No		RED				BLUE		
	1	2	3	4	1	2	3	4

BOUT No		RED				BLUE		
	1	2	3	4	1	2	3	4

BOUT No		RED				BLUE		
	1	2	3	4	1	2	3	4

BOUT No		RED				BLUE		
	1	2	3	4	1	2	3	4

BOUT No		RED				BLUE		
	1	2	3	4	1	2	3	4

This form is a reference for Judges to record the scores during a contest. This sheet should be destroyed on completion of the days boxing

TIMEKEEPERS BOUT REFERENCE LOG

First action required	Second action required	Third action required
Announce **"Seconds out"** **"FIRST ROUND"** Ring bell	10 secs before the end of the round, strike the **Gavel 3 times** **Concentrate on bout** **Count down seconds in head** Ring bell to end the round	10 secs before the start of the next round, Strike the **Gavel 3 times** Call **"Seconds out"** at 10 seconds stage Ring bell to start the round

BOUT NUMBER …….. **RED** **V** **BLUE**

Round Number	Tick once round is completed √	* Loss of Consciousness		* Low Blow			* Time boxer is out of ring	
		Time stopped in round	Total time unconscious for MO	Hit gavel 3 times for 1st 30 secs	Hit gavel 3 times for 2nd 30 secs	Hit gavel 3 times for 3rd 30 secs 90 secs total rest	Round knocked out of ring	Time spent out of ring Max of 30 seconds given
1		:	:					:
2		:	:					:
3		:	:					:
4		:	:					:

Competition ……..

Signature …….. **Date ……**

To be filed with Referee and Supervisors report

OFFICIAL BOUT RESULT for MC / ANNOUNCER

RED CORNER RANK & NAME	BLUE CORNER RANK & NAME

SUPERVISORS ARE TO COMPLETE APPROPRIATE BOXES AND ARE THEN TO HIGHLIGHT ALL PHRASES TO BE READ BY THE ANNOUNCER / MC

DECISIONS

STOPPAGES	**BY A** **TECHNICAL KNOCK OUT** **TECHNICAL KNOCK OUT DUE TO INJURY** **KNOCK OUT** **DISQUALIFICATION** **WALKOVER**
	RED / BLUE IS THE WINNER

By A UNANIMOUS / SPLIT DECISION

RED / BLUE IS THE WINNER

SUPERVISOR BOUT REPORT

Annex F to Section 9
Army BA Aide Memoire 2015

DATE:		**COMPETITION**		**LOCATION:**
BOUT NUMBER:		**WEIGHT CATEGORY**		

RED NAME		**BLUE NAME**	

REFEREE NAME :	

JUDGE 1:		
RED		**BLUE**
Round Score	**Round Number**	**Round Score**
	1	
	2	
	3	
	4	
	WARNING	
	TOTAL	

JUDGE 2:		
RED		**BLUE**
Round Score	**Round Number**	**Round Score**
	1	
	2	
	3	
	4	
	WARNING	
	TOTAL	

JUDGE 3:		
RED		**BLUE**
Round Score	**Round Number**	**Round Score**
	1	
	2	
	3	
	4	
	WARNING	
	TOTAL	

WINNER:	
DECISION:	
ROUND:	

REMARKS:	
SUPERVISOR NAME:	
SUPERVISOR SIGNATURE:	

ARMY BA – REFEREE'S REPORT FORM

Annex G to Section 9
Army BA Aide Memoire 2015

COMPETITION: ……..

BOUT NO: ……

RED: …… V BLUE: ……

BOUT STOPPED IN FAVOUR OF:

……

REASON FOR STOPPAGE

……

……

……

……

……

……

……

Signed: ……

Rank: ……

Name: ……

Reg No. ……

ONCE COMPLETED THIS FORM IS TO BE ATTACHED TO THE BOUT JUDGE'S SCORE SLIPS AND BE RETAINED BY THE HOST UNIT FOR 30 DAYS AFTER THE EVENT, TOGETHER WITH ALL OTHER SUCH DOCUMENTATION.

To: CO
…… (Insert unit)
…… (Insert address)
……
……
……

ANNEX H TO
SECTION 9 TO
ARMY BA AIDE MEMOIRE 2015

SUPERVISOR NOTIFICATION OF DISQUALIFICATION PROFORMA

1. The following boxer from your unit was subject to a disqualification decision at a boxing event held at:

   ……. ……on: ……

a. Regt No: …… d. Ints: …….....

b. Rank: …… e. Boxing Registration No:……..

c. Surname: ……

2. Details of the event and circumstances relating to this decision are:

a. Event: …… b. Bout No : ……

c. Referee: …… d. Reg No: …….....

e. Circumstances: ……..

……

……

……

……

3 .Additional Information: ……

……

……

……

Signed: ……

Rank/Name: ……..

Reg No/Qual: ……

Date: ……..

To be completed by the Supervisor and forwarded as indicated

Send to: Army BA Officials Rep

ANNEX I TO
SECTION 9 TO
ARMY BA AIDE MEMOIRE 2015

ARMY BOXING ASSOCIATION (ARMY BA) SUPERVISOR EVENT REPORT FORM

1. RANK/NAME: …… REG NO:……

2. TOURNAMENT DETAILS:

   a. DATE(S):…… b. VENUE:……

   c. PARTICIPATING UNITS:

      (1) HOME TEAM ……

      (2) AWAY TEAM: ……

   d. COACHES DETAILS:

      (1) HOME TEAM: RNK/NAME/REG NO……

      (2) AWAY TEAM: RNK/NAME/REG NO……

3. OFFICIALS:

   a. RNK/NAMES: COMMENTS

      (1) REFEREES:

      (a)
      (b)
      (c)

      (2) JUDGES:

      (a)
      (b)
      (c)
      (d)
      (e)
      (f)
      (g)

4. MEDICAL COMMENTS:……

……

5. RING SET UP: ……..

……..

6. OVERALL COMMENTS……...

……

……

Appendix:

1. Officials' Rota Template

Note**:**

1. Official-in-Charge duties can only be undertaken by a qualified Army BA official who has passed the Official-in-Charge examination and is current. However, for semi-finals and above the Official-in-Charge must be a Class 1 qualified and current referee.

SUPERVISORS BOUT REVIEW FORM

AWAITING FORM FROM AIBA
AWAITING FORM FROM AIBA
AWAITING FORM FROM AIBA
AWAITING FORM FROM AIBA
AWAITING FORM FROM AIBA
AWAITING FORM FROM AIBA
AWAITING FORM FROM AIBA
AWAITING FORM FROM AIBA
AWAITING FORM FROM AIBA
AWAITING FORM FROM AIBA

MOD Form 5010a
Introduced April 2008

MOD Risk Assessment Form

Establishment /Unit/Ship:	Army Boxing Association	**Assessment No:**	**1**	**Assessment Date:**	
Section/Department:	Army Boxing Association	**Assessment Type** (Delete as appropriate; see Note 1)			
		Specific x	**Generic**	**Record of Dynamic Assessment**	

Activity/Process:

Boxing - Competitive Boxing

Assessor		**Line Manager Acceptance** (See Note 2)	
Name:	**NATHAN PEARCE**	**Name:**	
Rank/Grade:	**C2**	**Rank/Grade:**	
Signature:		**Signature:**	

Hazards (Include Hazard Survey Number where applicable)	**Who is at Risk?**	**Control Measures** (Specific existing Control Measures)	**Risk Rating** (Likelihood X Consequence) (See Note 3)	**Additional Controls** (Each Control Measure is to be specific and managed)	**Residual Risk Rating** (See Note 4)	**Management Plan**		
						Owner	**Target Date**	**Comp Date**
Death from Brain Injury	Boxers	Head Guards, Bandage inspections, Abdominal protectors, Qualified Referee, Ringside Medical Cover of Dr and Paramedics and Annual Medicals at least 10 days prior to competition and pre medicals compulsory. Coaches to be qualified and in date and registered with the Army BA. All Boxers are to be registered through the Army BA. Boxers are categorised and matched according to Weight and	1 x 3 = 3	All control measures are stipulated by the National Governing Body for Competitive Boxing, except where the Army imposes the following additional measures to protect their employees; Annual Medicals, additional Ringside Medical Cover				
Burst eardrum / Detached Retina / Fractures to hands, face or ribs.	Boxers		1 X 2 = 2					
Bruising injuries to face, hands and ribs.	Boxers		3 X 1 = 3					

		Experience.						
Dehydration	Boxers	1 min breaks afforded at end of each round, Rounds only 2 or 3 mins max dependant on Cat of Boxer, max of 4 rounds for any boxer	1 x 1 = 1					
Muscle injury / strain	Boxers	All boxers are trained by qualified coaches and have pre bout medical to ensure fitness to box	1 x 1 = 1					
Emergency Procedures for Injury	Boxers	Officials/MC and MO are to be aware of the local emergency procedures for their Gymnasium and Camp / Club.	1 x 3 = 3					
Injury due to faulty or damaged equipment including Boxing Rings and Boxing attire	Boxers and Coaches	The OIC is to inspect all Boxing equipment including the Boxing Ring for serviceability prior to any competition taking place	1 x 2 = 2	All Boxing Rings held by Units are to be catalogued and authorised via an Army wide audit by the Army BA Sec.				

Line Manager Assessment Review (See Notes 2 and 5)							
Review Date:		**Review Date:**		**Review Date:**		**Review Date:**	
Name:		**Name:**		**Name:**		**Name:**	
Rank/Grade:		**Rank/Grade:**		**Rank/Grade:**		**Rank/Grade:**	
Signature:		**Signature:**		**Signature:**		**Signature:**	

Notes:

1 If using a 'Generic' risk assessment, Assessors and Line Managers are to satisfy themselves that the assessment is valid for the task and that all significant hazards have been identified and assessed. If additional hazards are identified they are to be recorded and attached to the Generic assessment.

2 Line Managers are to note that they are responsible for production of the risk assessment and that they are signing to indicate that the risk assessment is suitable and sufficient and they consider the risks to be acceptable.

High	Common, regular or frequent occurrence.	**3**	**3 Med**	**6 High**	**9 High**
Medium	Occasional occurrence.	**2**	**2 Low**	**4 Med**	**6 High**
Low	Rare or improbable occurrence.	**1**	**1 Low**	**2 Low**	**3 Med**

Risk Matrix Likelihood X Consequence	**1**	**2**	**3**
	Minor injury or illness.	Serious injury or illness.	Fatalities, major injury or illness.
	Low	Medium	High

When recording the Risk Rating ensure that both the Likelihood and Consequence scores are included.

High	Improve control measures; consider stopping work. Conducting work at this level of risk is to be reported up the Line Management / Command chain.
Medium	Review control measures and improve if reasonably practicable to do so, consider alternative ways of working.
Low	Maintain control measures and review if there are any changes.

4 Record the residual Risk Rating to demonstrate that the risk has been reduced to an acceptable level; record Likelihood and Consequence scores.

5 Risk Assessments are to be reviewed:

- Annually.
- If there is reason to doubt the effectiveness of the assessment.
- Following an accident or near miss.
- Following significant changes to the task, process, procedure or Line Management.
- Following the introduction of more vulnerable personnel.
- If "Generic" prior to use.

SECTION 10 COMPETITIVE SERVICE BOXING

WEIGH IN

1. All details pertaining to Weigh ins can be found at Section 8 Weigh in

PREBOUT MEDICAL

2. All boxers must have a Pre Bout Medical. These all usually but not always conducted by the Ringside Doctor for the event. It is the advice of the Army BA for these medicals to take place wherever possible in a military medical centre. All service personnel are obliged to complete a Pre Bout Medical Questionnaire (Annex D to Section 11)

VENUE

3. Ring Set up (see Section 7 Annexes B and C) wherever possible 5 Judges should be made available for service boxing events.

4. Risk Assessment (See section 9) this RA only covers the boxing organisers must include local risk factors in their Risk Assessment. Fire Escapes etc

5. Venues must be Licensed for boxing, civilian venues are not all licensed for this and organisers must confirm that the venue is licensed and that they have a Tournament Permit (this is organised through the Certificate of Assurance Application See Section 7 Annex A)

COMPETITION FORMAT

6. The format of a boxing event is usually dictated by the time available i.e. Unit Training plan, venue availability etc, or the event is part of another competition i.e. the Army Inter Unit Championships.

7. There are a number of Rules that will influence the format of an internal boxing (Inter Sqn/Coy style) event;

8. Amount of bouts – no more than 26 in any day or two rings to be used

9. Boxing twice in one day – No boxer may box twice in one day. See Section 3 Related Rules

10. Byes and bout order – All byes must take place in the first round of the competition.

11. Duration of bouts – See Section 3 Para 10

OFFICIALS

12. Refreshments– The officials are often not local and give up their time freely without expectation of gifts. Organisers should ensure that they are catered for in the feeding plan with a sandwiches and or a buffet with tea and coffee.

13. Rest/Changing Area – A designated officials changing and rest area is required this should be large enough for catering, tea and coffee, changing and briefings.

14. Sitting out officials – Organisers should ensure that 3 chairs are designated on the seating plan for any official that is not involved in a bout, this does not have to be ringside.

MEDICAL COVER

15. Paramedics seats and access Ambulance parking – Paramedics must have unimpeded parking next to the venue with a clear route of access between the ambulance and ringside. Seats close to the ring with an unimpeded view of the boxing and on the same side of the ring as the exit to the ambulance are to be designated for Paramedics.

WEIGHT AGE GENDER AND EXPERIENCE CATEGORIES

16. A detailed explanation of the categories of all boxers can be found in Section 3.

RULES ON DRESS/ATTIRE

17. The rules on dress and attire are:

a. Boxers. See Section 3 Para 9

b. Officials. See Section 6 Officials

c. Seconds. Seconds are to wear smart unit tracksuit or similar.

d. Primary Officials. Primary officials and their orders of dress are:

18. Official-in-Charge. Officials-in-Charge are to be dressed in Blazer, white shirt, corps tie, black trousers, black shoes.

19. Medical Officer. As appropriate for their duties.

20. Referees. Referees are to be dressed in a plain white shirt worn with a plain black bow tie, black long trousers and white training shoes/boxing boots. A blue/black blazer should be worn when not actually in the ring.

21. Judges & Timekeepers. Judges and Timekeepers are to wear Blazer, white shirt, corps tie, black trousers, black shoes.

22. Master of Ceremonies. Masters of Ceremonies are to wear Mess Dress or its equivalent in warm climes.

a. Secondary Officials. Secondary officials and their orders of dress are:

23. Medical Officer Liaison Officer. As appropriate for their duties.

24. Recorder. Recorders are to wear Mess Dress or Service Dress or its equivalent in warm climes or as directed by the Commanding Officer.

25. Whips. Whips are to wear tracksuits or similar apparel or as ordered by the OIC Event.

26. Stewards. Stewards are to wear Mess Dress or Service Dress or its equivalent in warm climes.

27. Spectators. Spectators are to be dressed in accordance with the CO's direction.

28. Disposable Rubber Gloves. Disposable non latex gloves are to be worn by Medical Officers, Referees, Seconds and all those involved with bleeding wounds, which are to be provided by the organiser, along with disposable swabs for dealing with blood injury. White containers are to be secured to the neutral corners for the collection of contaminated waste.

MASTER OF CEREMONIES (MC) OR ANNOUNCER

29. All details regarding the MC or Announcer can be found in Section 6 Annex B

SCORING

30. The scoring system for boxing to be used is a 10 point must system. Ringside judges will no longer record each scoring blow for boxers but will score 10 points to the winner of each round. The other boxer bout will score either 9, 8 or 7 points depending on the following factors;

a. Number of quality blows on target area;

b. Domination of the bout by technical and tactical superiority

c. Competitiveness;

d. Infringement of the rules.

31. The Judges must apply the following criteria to score round:

a. 10 vs. 9 – Close round;

b. 10 vs. 8 – Clear winner;

c. 10 vs. 7 – Total dominance;

d. 10 vs. 6 – Overmatched

32. Details regarding scoring and the result of a bout are at Sect 6 Annexes B and C

PROTESTS

34. There is no appeal process in boxing, the Ring Supervisor may review the result of a bout that he feels is in contravention of the AIBA Technical Rules, the Supervisor must call for a meeting for the Bout to be reviewed at the end of the Session by all participating R&Js for a final decision. In such case, the Supervisor must fill out a Bout Review Request Form before the next Bout and inform both Teams immediately.

ARMY INDIVIDUAL BOXING CHAMPIONSHIPS AND ARMY DEVELOPMENTS CLASS A INTER UNIT TEAM BOXING CHAMPIONSHIPS

GENERAL

1. The subject Championships are held annually at the Combat Skills Centre, Princes Avenue Aldershot.

2. The Championships comprise:

INDIVIDUALS	INTER UNIT TEAM CHAMPIONSHIPS
Male Elite Development Class A (0-10) Bouts	Male Inter Unit Elite Development Class A/B
Male Elite Development Class B (11-20) Bouts	
Male Elite	
Male Youth Development Class A	
Male Youth Development Class B	
Male Youth Open	
Female Elite Class C	
Female Elite Class B	
Female Elite	
Female Youth Class C	
Female Youth Class B	
Female Youth Class A	

Date for entries and promulgated accordingly.

3. Weight Categories are standard as per section 3 para of the Army Boxing Aide Memoire 2015 Season.

RULES

4. The Championships are run in accordance with England Boxing rules under the aegis of the organiser, the Army BA.

5. The Army BA has adopted the same rulings on age and experience categories as stipulated by the National Governing Body (NGB), England Boxing. Full details are contained in the Army Boxing Aide Memoire Section 3 paras 2, 3, 4 & 5.

6. All boxers must be registered with the Army BA or England Boxing via Army BA and be in possession of a current valid Boxing Registration Card. Details of registration of boxers are in Section 4 of Army BA Aide Memoire.

7. Competitive bouts: All bouts including intra unit (inter company/squadron etc) level, are to be recorded on Registration Card.

ELIGIBILITY

7. The Championships are open to regular serving and reserve personnel, male and female, registered through the Army Boxing Association.

8. Boxers representing unit teams are to be on the posted strength of the unit (and have been so for a period of at least 30 days prior to the date of the competition).

ENTRIES

9. Units/boxers are to submit entries on the form attached to the calling notice, direct to the Army BA office, together with the entry fee of **£5.00** per boxer. Cheques are to be made payable to **Central Bank Army Sports Control Board.**

10. Entries will only be accepted if boxers hold an in date registration through the Army BA.

11. Closing date for entries will be annotated on the calling notice. After this date, units and boxers that, for valid reasons, wish to be considered for late entries are to first contact the Army BA office for approval.

12. Units and boxers will be notified of accepted entries and administrative instructions will be sent by return of post.

13. Units and boxers must notify the Army BA office if, after sending in an entry, the boxer is subsequently unable to attend.

MEDALS

14. Medals will be presented to the Winner and Runner up in each Final Championship class and weight category.

PROVISIONAL PROGRAMME

15. The provisional programme is:

Day 1	Coach and boxer briefing, General Weigh in, Draw, Round of 32 bouts where appropriate
Day 2	Round of 16 Bouts
Day 3	Quarter Finals
Day 4	Semi Finals and Selected Finals
Day 5 (evening)	Finals

17. The Army BA reserves the right to amend/alter this programme dependant on number of competitors and in the interests of boxing.

EQUIPMENT

18. Boxers are to be in possession of valid Boxing Registration Card, Personal head guards and protective equipment and appropriate wraps as per Section 3 para 10. Army BA will provide competition gloves.

ACCOMMODATION AND MESSING

19. All units/boxers are responsible for own arrangements for accommodation and messing.

TRAVEL

20. Army Sport Control Board (ASCB) authorises units/individuals to claim travel costs for the event. Claims may be submitted for travel to and from the event only. Travel arrangements are to be coordinated and be by the most economical means available. Authority for claim is competition instruction and should be made in accordance with 2014DIN10-014.

INTER UNIT TEAM MINOR UNIT, MAJOR UNIT AND INTER CORPS CHAMPIONSHIPS

21. The Inter Unit Team Minor Unit Major Unit and Inter Corps Championships competition will run concurrently with the Army Individual Boxing Championships. Teams wishing to enter are to annotate the entry form accordingly.

22. Boxers representing unit teams are to be on the posted strength of the unit (and have been so for a period of at least 30 days prior to the date of the competition).

23. There is no further entry fee for the championships.

24. Composition of Unit Team is a minimum of 3 and a maximum of 6 boxers which may include Male Development Class A and B or female Class C and B entered in the Individual Championships listed at para 2.

25. Team composition is to be pre-entered on the entry form and finalised at the start of the preliminary rounds of the Individual Championships. No changes to the team entry will be allowed once the championships have commenced.

26. Results of named boxers from Individual Championships will be extracted and count for the Inter Unit Team Championships thus:

Winner	5 points
Runner Up	4 points
Losing Semi-Finalist	3 points
Losing Quarter-Finalist	2 points
Losing a preliminary bout	1 point

27. A boxer disqualified from the competition will receive nil points.

28. The winning team will be the team with the most points. In the event of a tie, the team with the most individual titles will be declared the winner.

29. Trophies will be presented to the Winners and Runner-up teams.

30. During the event photographs may be taken and then published on Army Sport Webpages. In accordance with competitors' rights under the Data Protection Act, if competitors do not wish to be named in articles or have photographs published on webpages, they are to advise the event organiser accordingly.

ARMY BOXING ASSOCIATION
INTER UNITS ELITE DEVELOPMENT BOXING CHAMPIONSHIPS

1. The Championships are held annually with preliminary rounds commencing in Jan (dependant upon number of entries) and Finals usually in May.

2. Default venue for the Finals of both competitions is the Combat Skills Centre, Princes Avenue, Aldershot. The Finals will be hosted by the nearest located unit finalist. Army Boxing Team will support the Finals. If not acceptable to unit finalists, the Finals may be held at a UK unit venue by mutual agreement of both unit finalists and Army BA. If no agreement is reached, Chairman Army BA will decide venue.

ELIGIBILITY

3. The Championships are open to regular serving personnel, registered as Development A boxers.

4. Boxers representing unit teams are to be on the posted strength of the unit (and have been so for a period of at least 30 days prior to the date of the competition).

5. Major Unit competition is open to units with an established strength of 300 and over.

RULES

6. The Army BA has adopted the same rulings on age and experience categories as stipulated by the National Governing Body (NGB), England Boxing. Full details are contained in the Army Boxing Aide Memoire Section 3.

7. All boxers must be registered with the Army BA or England Boxing via Army BA and be in possession of a current valid Boxing Registration Card. Details of registration of boxers are in Section 4 of Army BA Aide Memoire.

8. Competitive bouts: All competition bouts, including intra unit (inter company/squadron etc) level, are to be recorded on Registration Card.

9. Team Composition (Senior) is:

Competition	Category	Weight
ARMY INTER UNIT DEVELOPMENT CHAMPS	Bantamweight	Over 52kg, not to exceed 56kg
	Lightweight	Over 56kg, not to exceed 60kg
	Light Welterweight	Over 60kg, not to exceed 64kg
	Welterweight x 2	**Over 64kg, not to exceed 69kg**
	Middleweight x 2	**Over 69kg, not to exceed 75kg**
	Light Heavyweight	Over 75kg, not to exceed 81kg
	Heavyweight	Over 81kg, not to exceed 91kg

ENTRIES

10. Entry form is annexed to calling notice. Entries are to be submitted to
Army Boxing Association
Army Sport Control Board
Fox Lines
MacKenzie Building
Queens Avenue
ALDERSHOT
Hampshire
GU11 2LB

by the closing date annotated. Late entries are not acceptable.

11. In recent seasons, units have entered the competitions only to withdraw at a later stage, after the draw has been made and rounds commenced. Units are requested to note the requirement to ensure availability for full participation through to the final stages of the championships. Units withdrawing after the draw has been made are to write to the Chairman Army BA (via Secretary Army BA) stating reason.

12. The draw for the competitions will be held shortly after the closing date and details promulgated thereafter. Number of stages in competition is dependant upon number of entries.

TROPHIES

13. The winning team will receive the **KINGS SHIELD**

14. The runner-up team will receive the **NOBLE TROPHY**

15. Members of both teams will receive a medal.

DATA PROTECTION ACT

16. During the event photographs may be taken and then published on Army Sport Web pages. In accordance with competitors' rights under the Data Protection Act, if competitors do not wish to be named in articles or have photographs published on web pages, they are to advise the event organiser accordingly.

ANNEX A TO
SECTION 10 TO
ARMY BA AIDE MEMOIRE 2015

ARMY BA INTER UNIT/INDIVIDUALS CERTIFICATE OF ELIGIBILITY TO BOX

I hereby certify that all of the boxers annotated on this certificate are eligible to box in that they are amateurs, on the permanent posted strength of this unit, have declared their Boxing Registration Card status in an honest manner, meet the criteria relating to bout number/experience, gender and age categories and comply with the rules and regulations relating to eligibility as stated in Army Boxing Aide Memoire 2015.

	REGT NO	RANK	NAME & INTS	Boxing REG NO	DATE TOS	FROM UNIT
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						

Commanding Officer Name (Print) : ……

Commanding Officers Signature ……..... Date …….

THE MEDICAL MANAGEMENT OF SERVICE BOXING

References

A. 2014DIN10-020 Introduction of new Medical Standards for Service Boxers.
B. International Boxing Association (AIBA) Technical Rules[1], updated wef 31 Aug 14.
C. Medical Commission of the International Boxing Association (AIBA) Medical Handbook 2013[2].

Aim

1. Reference A notified a change in international boxing regulations applicable across England Boxing[3]; the new rules are at References B and C. This policy leaflet aims to define and explain the application of the medical aspects of these new rules, by medical staff across the Defence Medical Services (DMS). This leaflet replaces all previous service medical boxing instructions[4].

Principles – Deployability Status and Geographic Locations

2. In principle, any Service Person (SP) who is Medically Fully Deployable (MFD) will be *fit to box* unless there is some specific reason why not.

   a. Based on Reference C, Annex A lists medical history features that can make an MFD SP unfit to box, or where specific Subject Matter Expert (SME) guidance must be sought before judging an SP to be fit or not to box. There are some significant changes here from earlier lists of such conditions: MOs are to familiarise themselves with the new list.

   b. Non-MFD SPs may be allowed to box, depending on why they are downgraded. In such cases, or in any other case of doubt, advice must be sought by email by the examining medical officer (MO) from the Senior Medical Officer (SMO)/Medical Advisor of the SS boxing associations, or if they cannot be contacted, from SMO Combined Services Boxing Association (CSBA)[5].

3. Service boxing may only be undertaken outside the United Kingdom where arrangements for hospital care have been judged to be adequate by the Service medical authorities[6], particularly as regards neurosurgical capability if needed. Presently, hospital support capability has been judged to be adequate in Germany and inadequate in Gibraltar and the Falklands. Any request to organise boxing anywhere else in the world is to be staffed with ample notice to HQ SG via SMO CSBA. Service boxing on deployed operations and on exercises is **not** normally permitted but a unit wishing to seek a waiver of this case by case (e.g. on Op Tosca) may apply to HQ SG via SMO CSBA.

Role of Medical Staff in Risk Mitigation

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[1] http://www.aiba.org/documents/common/AIBA%20Technical%20Rules%20-%20August%2031,%202014.pdf
[2] http://www.aiba.org/documents/site1/docs/Medical%20Handbook%202013.pdf
[3] England Boxing replaced ABA England Ltd in late 2013: it includes the Combined Services Boxing Association (CSBA), which includes the three SS boxing associations.
[4] Surgeon General Policy Letter (SGPL) 12/00: D/SG (Med Pol) 350/7/9 dated 18 Oct 00, JSP 950 Leaflet 2-1-1 dated 25 Oct 10, DGPL 07-10 and other previously extant SS regulations, directions and instructions on medical aspects of boxing.
[5] The SS Boxing Associations' Medical Advisors together form the CSBA Medical Board. Contact details of current holders of these appointments are available from SMO CSBA who is on DII, presently at DPHCS-ARB-SMO@mod.uk.
[6] Head Medical Strategy and Policy, HQ Surgeon General, on advice from the local Service medical authority.

4. It is well known that boxing carries sports-specific risks of injury to participants, as do many other sports[7]. The purpose of medical regulation of sports is to mitigate their risks as far as it is possible to do so. In this context, all Service boxers must be volunteers, and must give their informed consent to participation after being briefed by their Medical Officer (MO) at initial and renewal medicals on the sport's specific risks, in particular the risk of brain injury. Annex B is to be used to record the results of these medicals, with documentation of volunteer status and informed consent to participation.

5. In seeking to mitigate as far as possible the risks of boxing participation, the medical supervision of Service boxing includes the following:

a. Undertaking annual, pre-bout and post-bout medicals.

b. Providing the opportunity to confirm boxers participate voluntarily, and give informed consent to participation after understanding the risks involved, as emphasised above.

c. Confirming organisers have arranged appropriate resuscitation facilities at the ringside.

d. Confirming that all possible steps are taken to ensure safety is optimised in sparring[8]. Refer also to Para 17 below and Annex C.

e. Ensuring compliance by boxers with the governing body's rules regarding registration, frequency of bouts, inter-bout intervals, adequate recovery post-injury through suspension periods and other mandatory measures.

f. Supporting compliance by boxers with AIBA rules on substance abuse. This is an area of increasing priority for the services, for boxing as in all other sports[9].

Role of Medical Staff in Performing Annual Medicals and Ringside Medical Cover

6. **Boxing Medicals**. All doctors[10] employed to provide Primary Healthcare (PHC) to SP are to perform routine annual fitness to box medicals[11]. Therefore MOs must be familiar with the contents of this leaflet and whenever necessary must seek advice and guidance from the relevant SMEs[5].

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[7] In boxing, as in karate, kick-boxing, taekwondo and other combat sports, points are scored for landing blows with force on the opponent. Similarly, injury risks profiles can be defined for non-combat sports such as rugby, skiing, riding, parachuting, etc.

[8] Clearly sparring training presents a similar injury risk profile to boxing contests as such, but has only the coach etc available in the event of any problems arising.

[9] The governing principle is that individuals are wholly responsible for any extrinsic chemicals that they choose to ingest including any kind of dietary supplement. With many supplements (usually purchased online) there are high risks of contamination with banned products such as anabolic steroids which would lead to Compulsory Drug Testing (CDT) failure and serious administrative and/or disciplinary action. Service policy is that a good normal diet is normally sufficient for most military athletes but if SP insists on supplement use, they should use only products that have been properly screened for contaminants. A list of screened products may be found at http://www.informed-sport.com/. Additional guidance if needed may be sought from the services' SME on this area: Capt Neil Thomas AGC, Chairman and Founder of Army and Combined Services Powerlifting Association, President of British Drugs Free Powerlifting Association and chief drugs control officer and drugs test director for the World Drugs Free Powerlifting Association; presently at LD-RAO-RAO@mod.uk

[10] Uniformed MOs (including General Duties Medical Officers (GDMOs), MOD-employed Civilian Medical Practitioners (CMPs) and contracted civilian doctors, including locums, working in DPHC medical facilities.

[11] The requirement for annual boxing medicals is no different in principle to the requirement for other Service medicals intended to assess fitness for Service duties where the mitigation of the assessed risk has been judged to require a medical assessment.

7. **Providing Ringside Cover.** HQ SG recognises that this is an area that may cause difficulties and concerns for MOs and that such concerns may be poorly understood by non-medical boxing officials. In deciding whether an MO can provide ringside cover the following must be considered:

a. The essential requirement is that ringside MOs must be competent to manage the airway of an unconscious boxer. Major brain injuries (i.e. a bleed) are rare, so protracted unconsciousness is also rare, but the MO must be capable of managing this should it arise, either solo or in team working with supporting paramedics as below.

b. To support ringside MO's safety in managing an unconscious boxer's airway when needing to do so, it is best practice for the ringside MO to have paramedic support to allow team-working on those rare occasions that some serious injury arises. That paramedic support should be found from uniformed resources where possible but when that can not be found, it may need to be bought in from civilian sources. See Para 9 below.

c. AIBA has recently recognised the requirement for courses for ringside doctors to prove and refresh their competencies for work at international level[12], and England Boxing's new medical committee intend to launch similar courses for ringside physicians shortly; details will be promulgated when available. In the meantime, such courses already exist for some other sports with similar risk-profiles e.g. the Rugby Football Union's Immediate Care in Sport Course (ICIS)[13]. Applications for funding to attend ICIS or other suitable Pre-Hospital Emergency Care Advanced Life Support courses by MOs wishing to maintain and prove airways management competency for ringside duties should be made in the normal way to the Defence Deanery.

d. GDMOs are encouraged to provide ringside medical support if they wish to participate, but they may only do so with the sanction of their GDMO supervisor and with the supervision of an airways-management-competent post-graduate qualified colleague.

8. Civilian Medical Practitioners (CMPs) who wish to provide ringside cover to boxing are encouraged to do so:

a. When CMPs do such ringside duty within their normal contracted hours, DPHC will cover their normal medical centre workload; any costs of doing so will fall on DPHC.

b. When CMPs volunteer to do ringside duty out with their normal working hours, e.g. in evenings or at a weekend, these hours may either be reclaimed when mutually convenient on a Time Off In Lieu (TOIL) basis or may be funded by their DPHC Regional HQ as 'overtime'. When such TOIL time is reclaimed and gaps in medical centre cover arise that incur costs to cover them, again these are to lie where they fall with DPHC.

9. Ringside medical cover will be provided from Service resources (uniformed/CMP MOs and paramedics/ambulance support) whenever possible, but this may not always be available.

a. Event organisers are to plan ahead with ample notice and follow the processes mapped out at Annex D.

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[12] Further details on this are available on request by email to SMO CSBA.

[13] RFU ICIS course details are at http://www.rfu.com/managingrugby/firstaid/coursesandguidelines/icis. Sources of advice on PHEC ALS training include the Defence Deanery on SGJMCDPMD-IMISGpMailbox@mod.uk or DPHCE-CTS-SMO@mod.uk (Roberts, Leon Lt Col).

b. If service ringside medical cover to a scheduled event cannot be found by one calendar month ahead of the event date, SS boxing association arrangements for buying in contracted ringside cover are to be activated.

Medico-legal Indemnification – details depend on circumstances

10. a. MOD indemnity covers doctors (both uniformed and civilian) on a contract of employment with MOD. who provide ringside medical cover to publically funded Service sporting activity - including boxing – as at SGPL 15/03 (JSP Leaflet 10-1-8) Para 8q. This applies whether the boxing is taking place on or off a military base and whether the boxers are all military or mixed military and civilian. The employment contract must be with MOD. Those doctors employed by, for example SSAFA, are **not** indemnified **by MOD** for their work. *They must check the situation with their employer.* It does **not** cover doctors on a contract for services.

b. If an event is **not** MOD official duty, i.e. cover to a publically funded event, doctors (of all employment statuses) are responsible for their own indemnity and must ensure that they have the appropriate level of cover with their Medical Defence Organisation (MDO).

c. MOs who are employed through on a contract for services and not MOD employees (for example locums and contractors) and who volunteer to assist with ringside duties are responsible for ensuring their own professional medicolegal indemnity when providing ringside medical cover, through one of the various MDOs available e.g. MDU, MPS, MDDUS, Sempris, etc[14].

d. Ensuring adequate indemnity cover is a matter for individual professional due diligence and a requirement of the GMC[15]; as a minimum this must include obtaining confirmation of indemnity in writing.

Boxing Medicals

11. **Annual Medicals.** Annual fit-to-box medicals are required for all boxers under the new international rules (References B and C). In the Services these are to be conducted as follows:

a. Annually, allowing boxing for one full year from the date that the medical is done[16] unless injury-suspended.

b. After conclusion of any period of suspension for injury; passing this medical then re-qualifies the boxer for a further one year[16] unless suspended again following further injury.

12. **'Initial' Annual Medical.**

a. This is required for all aspirant boxers who are new to Service boxing[17].

[14] Specific-to-sports-med coverage is offered by www.sempris.co.uk/ but all these organisations will offer sports-cover indemnification when directly negotiated with to do so; as above it is a matter for individual professional due diligence to ensure this is attended to correctly .

[15] GMC Good Medical Practice para 34 'You must take out adequate insurance or professional indemnity cover for any part of your practice not covered by an employer's indemnity scheme, in your patient's interests as well as your own.'

[16] Most annual medicals **are valid for a full 365 days** from the date of the medical; a few exceptional cases like international boxers will expire at 31st December of the year in which they are done (unless ended earlier by suspension).

[17] For those with no prior boxing experience (e.g. pre-service), this annual medical must be done at least 10 clear days before a boxer's first bout, this being the statutory minimum spar-training period.

b. The Defence Medical Information Capability Programme (DMICP) protocol[18] for documenting the performance of annual boxing medicals provides a simple way for examining MOs to check and document the necessary information:

(1) The absence of any history of conditions that must prevent boxing or on which seeking SME advice is mandated (see Reference C and Annex A);

(2) Normal examination findings (run-up examination tests and MO's examination, guidance on which is available at Reference C);

(3) Satisfactory status as an uncoerced volunteer to participate in boxing;

(4) Discussion and explanation of the sports-specific risks of boxing and the obtaining of the aspirant boxer's informed-consent to accepting these.

(5) A pass or fail of the medical into the iHR[19]. A pass is to be documented on Annex B. This form will be auto-initiated by the DMICP protocol and is to be printed, date-stamped and signed by the MO and the boxer.

c. The completed dual-signed Annex B should be scanned onto DMICP as an attachment to the consultation showing the boxing medical. Two A5 hard copies are given to the boxer to take to their coach, one to be retained in the back of the boxer's record card (ME3) and one sent by the coach to the SS Boxing Association Secretary for annual registration action to be taken.

d. The DMICP protocol will auto-set a diary review date for this medical for one year ahead; should a suspension arise in the meantime, a further examination is required at its end (see subpara 13b below), following which the review date will be reset for a further year ahead.

e. Where DMICP is not available, the results of the medical may be documented on a hard copy of Annex B, to be held in the FMed4 and scanned onto DMICP when available.

13. **'Renewal' Annual Medical**

a. These are required after the end of the first and each subsequent year of boxing AND

b. After any suspension period imposed for injury, an MO is to make a re-assessment before allowing resumption of sparring and boxing. Passing this re-assessment is to be documented as usual on Annex B. The DMICP protocol will auto-reset the date for the next fitness to box to one year ahead.

[18] This protocol will be launched on the DMICP portal in due course. Any MO having any difficulty finding the protocol on DMICP should contact SMO CSBA for direction.

[19] To date, there has been no way to centrally search for how many boxing medicals end with a fail or a pass. To allow such searching and to facilitate coding onto the integrated Health Record (iHR) by MOs, new DMICP codes for these outcomes have been sought and will be published shortly. There will also be an outcome code for 'boxing medical result deferred pending third party (SME) advice'.

14. **Boxing without head guards by Adult Male Boxers**

a. The new international rules - as amended by England Boxing with effect from 18 Aug 14 - require all adult[20] male boxers to box without wearing head guards. This is due to international evidence for an **increased** risk of brain injury **with** head guard use in boxers where punches are likely to be particularly forceful (hence adult males).

b. The potential reasons for the decreased risk of brain injury boxing without head guards are multifactorial: boxers wearing head guards get hit more often, due to styles of boxing led by a false sense of security provided by wearing a head guard; due to reduced lateral situational awareness from impaired lateral vision; perhaps because a head guard increases the width of the head and so increases torsional forces to the brain from a punch that causes head rotation.

c. The disadvantage of head-guard removal is an increased number of forehead and facial lacerations, mainly from clashes of heads in the ring. This is a significant issue, with numbers of lacerations increased from minimal to quite frequent. Increases in laceration rates are highest when boxers first box without the head guard that they had been used to wearing (up to 9-fold increases), and then decline as they become coached to the altered boxing styles needed to box without a head guard, normally settling at an increase-rate of 2-3 times the rate without head guards.

d. These points may lead to questions as to why head guards should be worn by other boxers where punches are less hard (females and younger males). In these groups any potential improvement in brain injury risk profile is considered outweighed by the increases in the numbers of lacerations when head guards are not worn - so the balance of risk-benefit analysis differs when force of punching is lower in these groups. More detail on these points is available from SMO CSBA on request.

e. For adult male boxers, discussion of the risk profile to ensure informed consent at annual medicals must include detailed consideration of the increased risk of lacerations implied by boxing without a head guard; the sports-specific risks statement at Annex B has been updated to include this information which must be covered carefully when informed consent to participation is discussed at the medical.

Pre- and Post- Bout Medicals and Ringside Medical Cover

15. See Annex E for Ringside Cover issues and Annexes F to L for related documentation. Annex L[21] must be completed post bout and returned by fax or email to SS Boxing Association Medical Advisor / SMO and to SMO CSBA[5].

Documenting Boxing Injury on DMICP

16. Any boxer who is injured, suspended or who loses by Knock-Out (KO) Technical Knock-Out (TKO) or Technical Knock-Out with Injury (TKOI)[22] **must** report sick the following morning.

[20] 'Adult' means any boxer from 19 – 40 - i.e. from 1st January of the calendar year in which the boxer will have their 19th birthday until 31st December of the calendar year in which they are 40.

[21] This approach to recording of injuries pattern and their **rates** has now been taken by the Medical Committee of the Board of England Boxing as being best practice and will be disseminated nationally in due course.

[22] Definitions of these terms are at Annex E and Reference B.

Coaches are to ensure that they do so. The MO is to document the history, any suspension awarded and current examination status of the boxer on DMICP using the Injury from Boxing template accessed via the Boxing Medicals Protocol. If any uncertainty arises as to the boxer's CNS condition, a very low threshold for referral for immediate CT scanning is to be applied.

Safety in Sparring Training

17. Regulating this area is vital and requires attention to standards of equipment, risk assessments, coaches' training and qualifications. Annex C contains further details.

Milling

18. This issue is relevant to the Army only but is included here for completeness. Milling is one minute of sparring-like activity undertaken by candidates for airborne forces training. For this activity, head guards will continue to be worn to avoid the excessive-lacerations risks of removal as brain injury risk is low in milling anyway. The absolute risk of this is considered to be substantially lower than that of undertaking boxing, but legal advice to MOD has been that before milling can be undertaken, aspirant participants must pass a standard annual boxing medical and be certified fit to box on Annex B. Where the aspirant is fit for airborne training in all other respects but cannot pass a boxing medical they will normally be permitted to undertake airborne training exempt milling; the authority for this being OC P Coy at ITC-2ITB P Coy OC. The assessing MO should liaise with SMO CSBA if any problems arise.

Implementation

19. This policy is released for publication by Head of Medical Strategy and Policy on behalf of the Surgeon General. Unless cancelled or otherwise revised, this leaflet will routinely be reviewed after 5 years. HQ Surgeon General will make policy leaflets publicly available in accordance with the Freedom of Information Act. This policy leaflet is not releasable to the Internet. An Equality Analysis has been undertaken in the production of this policy and no impact is anticipated in terms of the Equality Act 2010.

Points of contact

20. The sponsor of this policy is SMO CSBA, presently DPHCS-ARB-SMO (Walker, Ross Dr). Within HQ Surgeon General, the point of contact is SO2 Medical Policy, via email to SGACDSStratPol-MedPolSO2@mod.uk or by telephone on 01543 434669.

Annexes:

A. Guidance Notes for MOs performing Boxing Medical Examinations.
B. Statement of passed Annual Medical and Informed Consent to Participation in Service Boxing.
C. Safety in Sparring Training.
D. Organising a Boxing Contest.
E. Ringside medical supervision and medical cover requirements.
F. Pre-bout Medical Examination.
G. Female boxer pre-bout Medical Statement.
H. Ringside injuries suspension periods required.
I. Record of post-bout checks for medics.
J. Advice card for boxer's suffering head injury.
K. Notice of boxing injury to an individual boxer.
L. Record of boxing injuries and non-injuries in a given contest.

GUIDANCE NOTES FOR MOS PERFORMING BOXING MEDICAL EXAMINATIONS:

Reference:

A. AIBA Medical Handbook 2013[23].

Assessment has logical stages: medical deployment status (MDS), age, nurse/medic-performed preliminary tests, history, examination, decision, and documentation.

Changes following from the adoption of the new AIBA international rules wef 1 Jan 14 by England Boxing are highlighted below in bold italic font.

1.	Is the patient fully medically fit for deployment (MFD)?	If not, check for any other factors below that might impact fitness to box then e-liaise with SMO CSBA.

2.	Is the patient over the maximum age for boxing?	***Under the new rules, upper age for boxing participation changes from 34th birthday to the end of the calendar year in which the boxer has their 40th birthday.***

3.	Are the **uncorrected** visual acuities equal to or better than ***6/60 6/60?*** If yes, are the **corrected** visual acuities equal to or better than ***6/18 6/18?***	***VA standards have been changed.***
		Wearing* soft *contact lenses in ring to box is now allowed.
		For imperfect but acceptable eyesight, VA-confirmation by an ***up to date optician's report is no longer required***

4.	Other preliminary tests done by nurse or medic must be normal incl P, BP and urinalysis. Audiogram must be in date and normally H2H2 or better (see note in box below).	Results are to be recorded in DMICP using the boxing protocol's run-ups option. Refer any queries on this by email to SMO CSBA.
	New rules now allow deaf boxers to participate, referee to control bouts by touch and sign. However the lead cause of deafness in servicepersons is noise induced hearing loss (NIHL) and experience is that punches to the ear can often aggravate the associated tinnitus. Therefore e-refer (via email) any aspirant boxer who has any tinnitus or whose hearing is worse than H2H2 to SMOCSBA.	

5.	**The history must be clear of features which would bar boxing participation - as laid out below[24]:**	The list below is from Reference A Page 5.
	Acute and chronic infections; Severe blood dyscrasias; Sickle cell disease or trait. History of infection with hepatitis B or C or with HIV.	

[23] http://www.aiba.org/documents/site1/docs/Medical%20Handbook%202013.pdf

[24] The history is best checked in DMICP iHR on the problem summary page supported as necessary by recourse to fuller notes e.g. scanned in letters or Fmed4 letters as necessary. Liaise by e-mail with SMO CSBA about any other conditions not listed above which cause concern or need special handling; examples include previous septoplasty or other nasal or facial surgery or pupillary abnormalities that may cause post-bout examination assessment difficulties (e.g. Adie's pupils, congenital nystagmus).

	Ocular surgery whether intraocular **or refractive** in nature. Cataract or retinal detachment[25]. Myopia of more than -3.50 dioptres (equates to uncorrected VAs of 6/60 as above). Corrected vision worse than 6/18. Exposed open infected skin lesions. Significant[26] congenital or acquired cardiovascular or pulmonary abnormalities. Significant congenital or acquired musculoskeletal disorders[27]. Unresolved post-concussion symptoms. Significant psychiatric disturbances[28]. Significant congenital or acquired intracranial mass lesions or bleeding. Any seizure activity within the last three years. Hepatomegaly, splenomegaly or ascites. Pregnancy[29]. Uncontrolled diabetes[30] or uncontrolled thyroid disease[31]. Any implantable device which can alter any physiological process[32]. A woman's breast protector that protects anything other than the breast itself.

6.	**Examination** requirements are a matter for individual MO clinical judgment, views varying from this being a limited examination in an MFD serviceman with normal preliminary examination findings and a clear history to those who prefer to perform very full examination on all aspirant boxers. The examination should routinely include a check of the colour and fit adequacy of the boxer's mouth-guard/gum-shield – see dental notes below. For more commentary on examination, refer as necessary to guidance at Reference A Page 6 Para 3.1.6 at http://www.aiba.org/documents/site1/docs/Medical%20Handbook%202013.pdf.

7.	**Documentation** of a pass/fail at this medical is to be recorded on DMICP (or on the paper records in non-DMICP-enabled practices), preferably by using the boxing medical protocol[33], or by using free text in the fields of the consultation. A dual-signed paper record of the results and a copy of the boxer's consent to participation is to be completed on Annex B and scanned onto DMICP against the relevant consultation, two A5 sized copies of that to go to the boxer's coach who is to file one A5-sized photocopy STAPLED into the back of the ME3 and to send the second copy to SS boxing association secretaries for registration action

Dental Notes: HQ DDS supports provision of DO fitted mouth-guards/gum-shields for boxers. Checking that the aspirant boxer already has (or has made arrangements to be fitted for) a correct colour (red is not to be used) well-fitting mouth-guard/gum-shield from the DO is good practice; if they haven't, ensure they make a dental appointment asap. Heat-moulded mouth-guards procured from a high street sports shop are an alternative to a 'gold-standard' properly fitted guard which will suffice for spar-training with DDS-issue of fitted guards ahead of boxing proper.

[25] Exceptionally a previous retinal detachment may be acceptable on authority of a service ophthalmologist: take advice from SMO CSBA.
[26] Throughout this list, take advice as necessary from SMO CSBA on 'significant'.
[27] Amputees may represent a services' special case scenario: e-liaise with SMO CSBA.
[28] International Regs also bar significant drug abuse: should not be services-relevant. Many mental health conditions are improved by regular exercise and the group-and-self discipline required for boxing training; e-liaise as necessary with SMO CSBA case-by-case.
[29] Female boxers must declare non-pregnancy before each bout, using form at Annex G.
[30] 'Controlled diabetes' is taken to mean a diabetic not suffering hypos that may cause post bout differential diagnostic confusion with concussion and with their HbA1C in correct range on their therapy.
[31] 'Controlled thyroid disease' is taken to mean someone who is clinically euthyroid with their TFTs normalised on therapy.
[32] A reasonable exception would be a LARC device in a female boxer.
[33] MOs having any problem finding or using this protocol on DMICP should contact SMO CSBA at DPHCS-ARB-SMO@mod.uk

STATEMENT OF PASSED ANNUAL MEDICAL AND INFORMED CONSENT TO PARTICIPATE IN SERVICE BOXING

Service Number: Rank: Name:

Unit: DOB:

The above-named service-man/woman has had their boxing fitness medical documented in DMICP or in their FMed4: they are passed as being **FIT TO BOX for the next full year**[34]

- unless suspended for injury during that period in which case this medical will need to be redone.

EXAMINING MO's DETAILS:

Rank: Name: Practice Date-stamp:

Signature: Date:

Boxer's Statement[35]

1. I confirm that I have been placed under no pressure, by my coach or anyone in my Chain of Command, to take part in boxing against my will.

2. I have read the list at page B-2 of the sport-specific risks to my health from participation in boxing, discussed it with my doctor and had any questions answered to my satisfaction.

3. I understand the sport-specific risks involved in sparring and boxing and I choose to give my consent to taking part in sparring and boxing.

Service Number: Rank: Name:

Signature: Date:

Witness signature of examining MO:

Disposal of this record:

Page B-1 only: original form - Scan onto DMICP attachments section, then shred. [OR in non-DMICP enabled practices, file in FMed4]

Page B-1 only: two copies to the coach - One A5 copy to be stapled into the back of the ME3 and one copy to go to central records of Secretary SS BA.

Page B-2 only - Original retained by boxer for their ongoing reference.

[34] Annual medicals are valid for a full year from the date they were done, unless the boxer is suspended, after which they must be renewed. Exceptionally e.g. at international standard the boxer's annual medical will expire at 31st December of year in which it was done.

[35] As at main text para 1, this leaflet updates and supersedes all prior direction on this area, including for RN BRd 1750 Chapter 15.

STATEMENT OF SPORT-SPECIFIC RISKS OF BOXING –

The known medical/health risks of participation in boxing are as follows:

1. Boxing training involves heavy impact training (e.g. running and skipping) so 'overuse' lower limb injuries are common; examples of these include stress fractures of tibia and foot, 'shin splints' and knee pain. Boxers developing any such problems are strongly advised to stop boxing training and seek **early** medical advice; as experience is that the earlier that such advice is sought, the quicker and better the outcomes of treatment.

2. Received punches inevitably can cause painful bruising, which will heal by itself with time.

3. Blows to the face and nose can cause fractures. CSBA Injuries database over years 2010-2013 shows that the risks of a broken nose is 1-2 in 100 per bout, most common in novice boxers with inexperienced defence techniques. Other facial fractures (e.g. jaw, cheekbone) are far less common. Sometimes, surgery with metalwork etc may be required to repair these.

4. Blows to the ear – especially 'cuffs' which are not scoring blows - can cause rupture of the eardrum. These are usually only obvious to the boxer after sparring or a bout. They normally heal by themselves over 6-8 weeks. These are uncommon; database frequency is 1 in 2000 bouts.

5. Adult[36] male boxers will now box without head guards. The evidence is that for this group this reduces brain injury rates[37]. The disadvantage of this is increased risk of lacerations due to clashes of heads etc and due to punches received; the risks of this are increased 2-3 fold with head guard removal. Female and youth boxers will still box with head guards on, so the increased risk of lacerations does not apply to them.

6. **Serious risks are rare but can occur**:

   a. Direct or glancing blows to the eye can cause damage to the eye – particularly detachment of the retina. If this arises, major surgery will be needed, which will usually, but not always, be able to restore sight. If struck on the eye and aware that vision may have been damaged, boxers MUST adopt the injured boxer position ('take a knee') and immediately notify the referee so he can have the boxer medically assessed.

   b. Repeated exposure to head blows after many bouts can carry the possibility of developing brain scarring which could cause problems with brain function such as memory impairment etc. We have had one such case known in service boxing in recent years but others may develop such problems later in life.

   c. **There is a risk of a bleed from a blood vessel within the skull**. Such bleeds are very serious but rare, we know of 5 cases in English boxing (during sparring or during bouts) in the last 12 years. These brain-bleeds cannot be screened out – so -

   If you choose to box, these are risks that you are choosing to take.

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[36] 'Adult' in this context means from the boxer's 18th birthday until 31st December of the year in which the boxer has his/her 40th birthday.

[37] There are several likely reasons for this including improved side vision and the removal of the false sense of security that wearing a head guard brings so without head guards boxers tend to box more cautiously.

SAFETY IN SPARRING TRAINING

1. **Introduction**. Much that is in this Annex falls mainly under the regulation of the physical training and education branches of the three Services; however it is deemed useful to restate details here for clarity and completeness. Whilst there may be some single Service (SS) variation in the precise implementation of what follows, the principles[38] are stated below.

2. **Inspections**. Services sparring training venues are to be annually inspected by appropriate SS members of the G7PD branches with checks to be made **and documented** of equipment in use (especially the rings and medical kits) and coaches' qualifications levels and currency.

3. **Affiliation**. All units wishing to participate in sparring training must affiliate annually to their SS Boxing Association via the secretary with details stated of equipment in use, unit coaches' and officials' qualifications, and any boxing events planned requiring SS Boxing Association endorsement. SS secretaries are to ensure they see evidence of annual G7PD inspection within the last calendar year and that they liaise with members of that branch as units update their affiliations.

4. **Risk Assessments**. Formal Risk Assessments (RAs) for all sparring venues must be updated annually and sent to SS Association Secretaries with the affiliation paperwork. These RAs must cover equipment in use, coaches' and officials' qualifications and currency, and 'action-on' emergency SOPs, which are to be displayed prominently at the venue for easy reference in case of an emergency.

5. **Coaches Qualifications**. In order to be permitted to supervise sparring training, as a minimum, service coaches must be:

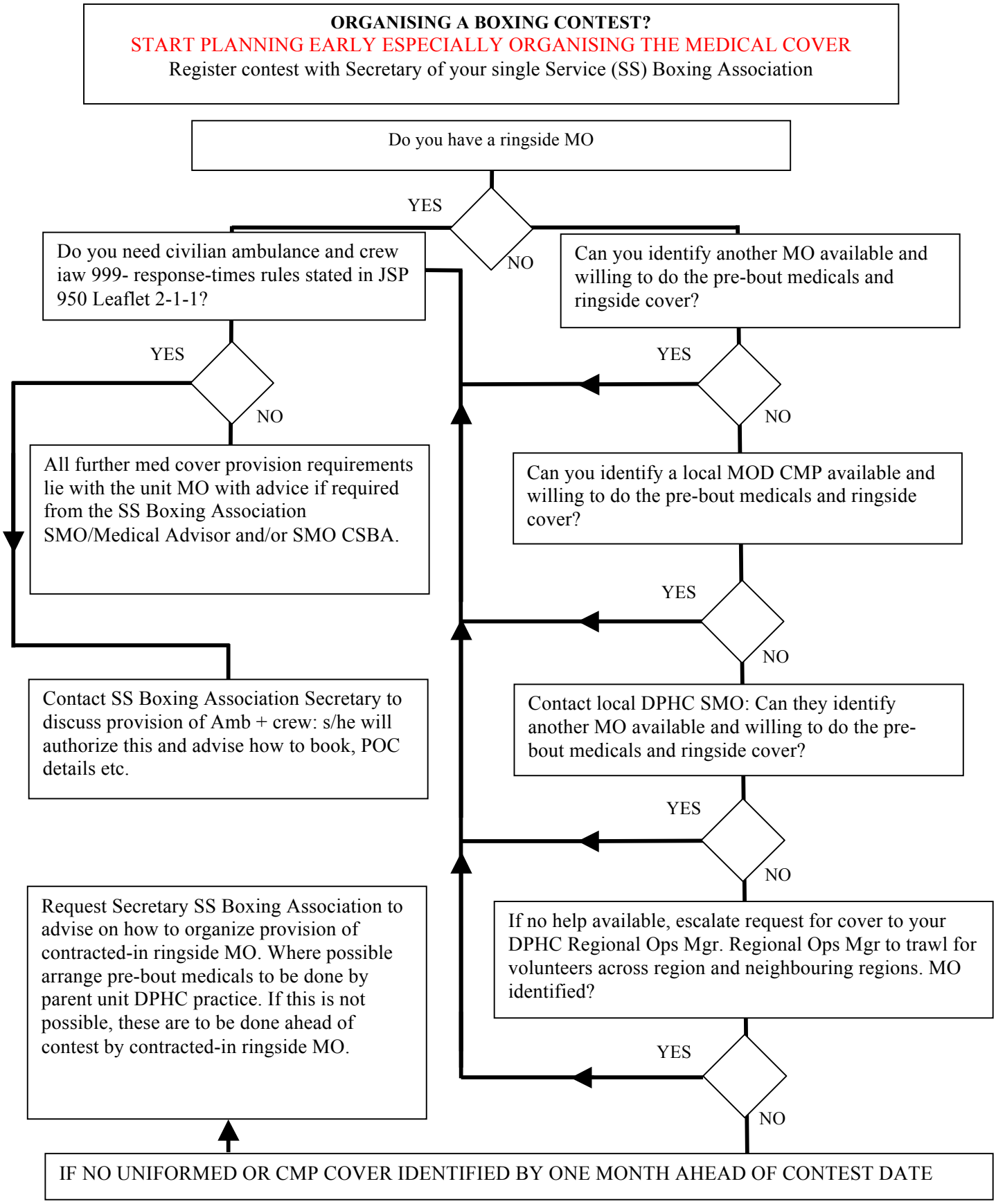
   a. ABAE Level 2 qualified with that qualification being in date (with supervision from Level 3 qualified coaches whenever possible).

   b. Qualified in emergency first aid to levels equivalent to at least those demanded for their civilian counterparts. Which qualification meets this criterion will be disseminated by each SS Boxing Association[39] as first aid qualifications show inter-service variations on some details.

   c. Registered with their SS Boxing Association at the annual affiliation, before training is permitted to commence.

[38] Based on a detailed 2011 review by a boxing-experienced Officer of Land Accident Investigation Team (LAIT) after a serious injury in sparring in Colchester.

[39] e.g. for the Army, the requisite minimum standard has been defined to be MATT 3 Level 2.


ORGANISING A BOXING CONTEST?
START PLANNING EARLY ESPECIALLY ORGANISING THE MEDICAL COVER
Register contest with Secretary of your single Service (SS) Boxing Association
Do you have a ringside MO
YES
NO
Do you need civilian ambulance and crew iaw 999- response-times rules stated in JSP 950 Leaflet 2-1-1?
YES
NO
All further med cover provision requirements lie with the unit MO with advice if required from the SS Boxing Association SMO/Medical Advisor and/or SMO CSBA.
Contact SS Boxing Association Secretary to discuss provision of Amb + crew: s/he will authorize this and advise how to book, POC details etc.
Can you identify another MO available and willing to do the pre-bout medicals and ringside cover?
YES
NO
Can you identify a local MOD CMP available and willing to do the pre-bout medicals and ringside cover?
YES
NO
Contact local DPHC SMO: Can they identify another MO available and willing to do the pre-bout medicals and ringside cover?
YES
NO
If no help available, escalate request for cover to your DPHC Regional Ops Mgr. Regional Ops Mgr to trawl for volunteers across region and neighbouring regions. MO identified?
YES
NO
Request Secretary SS Boxing Association to advise on how to organize provision of contracted-in ringside MO. Where possible arrange pre-bout medicals to be done by parent unit DPHC practice. If this is not possible, these are to be done ahead of contest by contracted-in ringside MO.
IF NO UNIFORMED OR CMP COVER IDENTIFIED BY ONE MONTH AHEAD OF CONTEST DATE

RINGSIDE MEDICAL SUPERVISION AND MEDICAL COVER REQUIREMENTS

References:

A. http://www.aiba.org/documents/common/AIBA%20Technical%20Rules%20-%20August%2031,%202014.pdf - AIBA Technical Rules wef 31 Aug 14.

B. AIBA Medical Handbook for Boxing

1. **Introduction**. This Annex is more discursive than is usual in a JSP950 leaflet because experience has shown that MOs need to have the details set out below explained in order to provide ringside cover effectively, safely and with full understanding of the context of their contribution.

a. All boxing matches must have an MO present at the ringside; if the MO is busy attending to a boxer post bout, the next bout is to be delayed. It is good practice to advise the boxing Supervisor[40] (previously titled Official in Charge (OIC)) if such delays are going to be more than brief. At the MO's discretion, post bout checks can be delegated to military medics or civilian paramedics, but overall responsibility rests with the MO.

b. If a boxer is injured, the referee decides what to do in this circumstance, e.g.:

(1) If a boxer is down[41], the MO will normally be invited into the ring promptly, with medical assistants as appropriate, to deal with airway management, etc.

(2) If the referee wishes the MO's advice[42], the referee can invite the MO to assess the boxer in the ring.

c. If exceptionally, an MO has concerns that the referee should be seeking medical advice but is not doing so; the MO must liaise with the Supervisor[1], who will deal with this.

d. When the referee wishes to ask the MO to check a boxer before a further round, this is **not** done during the one minute rest period when the boxer must focus on his coach's briefing, but instead the referee will restart the boxing, then at once temporarily stop it and ask the MO to assess whatever it is that is causing concern, and then take the MO's advice as above.

2. **Ringside personnel and equipment requirements**. If any doubt or difficulty arises about any of the points below then advice should be sought from Secretary or SMO CSBA.

a. Serious injuries in Service boxing are rare; however, the ability to deal with such injuries when they do occur is essential: the competency required are at Para 7 of the main text. As set out there, the primary required competency is management of the airway of an unconscious boxer. The MO may be prepared to do this solo if s/he has the PHEC skills to do so. However, HQ SG considers best-practice in this regard to be team-working with paramedic support.

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[40] The Supervisor is normally two seats along from the MO and so is easily accessible to the MO for any liaison that may be needed.

[41] See Ref A Page 16 Rule 13 for specific definition of term.

[42] There was scope for uncertainty at times under the old rules about the status of MO's advice to referee and supervisor; however, under the new AIBA rules this is helpfully clarified: when the referee asks the MO for advice on a boxer, the **MO's advice is binding** on the referee and supervisor (Ref A). Examples of such an advice request would include on a nose bleed that may indicate an underlying nasal fracture, or a laceration that is not such that the referee is certain the bout will need stopping anyway, or after an eight second count to assess for concussion and fitness to continue. Sub-sub-para 6b(1) cross-refers re MO advice leading to Technical Knock-Out (TKO).

b. All necessary resuscitation and other equipment must be available ringside; MOs must prepare carefully in this respect in liaison with their assistants where they are using them. This equipment preparation should include consideration of the following areas:

(1) Airways management kit - different types of airways, suction, oxygen etc. Identification of appropriate airways[43] remains the MO's choice based on their level of experience with regards to Pre Hospital Emergency Care (PHEC).

(2) Spinal board type stretcher for safe movement of an unconscious boxer out of the ring under the ropes, correctly strapped in with head, neck and airway secured.

(3) Basic doctor's kit such as stethoscope, auriscope and ophthalmoscope, etc.

(4) Some doctors will also wish to carry laceration management kit to minimize A+E transfers of such injuries, e.g. local anaesthetics, wound glue, steristrips, sutures, minor ops packs (all obtainable through normal P2P demands). This will be particularly relevant when adult male boxers are competing without head guards as they are more liable to lacerations than those boxing with head guards.

c. In ensuring the required standards of medical personnel and equipment, the Supervisor has a clear duty to satisfy himself of the adequacy of medical cover. However the final responsibility lies with the MO concerned, who must exercise this duty well ahead of the bout, from planning stages onwards.

d. **Ringside Ambulances**.

(1) There is NOT inevitably a requirement for **a pre-positioned ringside ambulance** (as opposed to a 999-call-summoned civilian emergency ambulance) – the need for this or not depends on local 999 response times[44]. However, many military locations are at a distance from 999-ambulance response such that a pre-positioned ambulance will be necessary. As set out elsewhere in this leaflet, if this implies funding requirements for bought in civilian support, SS Boxing Associations are responsible for arranging funding.

(2) Under England Boxing SOPs, a ringside ambulance is required at National standard competitions. CSBA competitions of similar standard are to match this; when this requirement is identified as considered possibly necessary, event organisers are to e-liaise with ample notice with Secretary CSBA to arrange details, bookings, etc.

(3) Military ambulances which are unlicensed for use on the public highway are **not** to be used for transfer of an injured boxer to hospital in contravention of their unlicensed status.

3. **Pre-Bout Medicals**.

a. Pre-bout medicals are to be done on the day of the bout – at a time agreed by the MO and Supervisor – at any time between the weigh-in and the start of the boxing.

[43] Nasopharyngeal airways with an oxygen port are especially useful to treat an unconscious boxer with trismus or who may be fitting.
[44] But beware of the initial 999-response being just a first responder paramedic when what is needed is an emergency evacuation ambulance and time may be of the essence for a boxer with a brain-bleed.

b. Traditionally, pre-bout medicals are done by the ringside MO at the boxing-gym either just after the weigh-in or immediately ahead of the start of the bouts. Such prebout checks at the gym

are inevitably brief and done without access to the boxer's full history. When this approach is taken, the Boxing Officer arranging the tournament is to ensure that the MO has available all necessary paperwork and suitable room in which to make medical examinations and to do any on-site post-bout medical treatment that might be necessary in due course.

c. MOs may prefer to do prebout medicals at their own Medical Centre (MC); this has the advantage that the examining MO will have full visibility of the medical history on DMICP and that the medical will be recorded onto DMICP too. However, MCs are always already busy with other tasks so this approach requires considerable prior planning between the Boxing Officer arranging the tournament, the MO and the MC Practice Manager.

d. When boxers attend a pre-bout medical, in whichever location, they must present the MO with the following:

(1) Their ID card and boxing record card ME3, with the results form (Annex B) of their most recent annual medical stapled into the back.

(2) Gum-shield - for fit (and correct non-red colour) to be checked by the MO.

(3) A completed and signed prebout questionnaire on Annex F (unless the MO has stipulated that they do not want these used – see subpara 3e).

(4) Females boxers' ME3s must also have an Annex G stapled in the back of their ME3 for them to certify bout-by-bout that they are not pregnant etc, by re-signing the form with MO witness signature. They must also bring their breast protectors [if these are to be used as recommended] for checking that they fit and do not breach rules about protecting non-breast tissue. Such checks will of course require appropriate chaperonage for mutual protection of doctor and boxer.

e. Annex F pre-bout questionnaires are not generic to AIBA or England Boxing but are a CSBA innovation. If the ringside MO does not wish to use them, s/he does not have to, but their use is recommended because of these advantages:

(1) It places the onus on the boxer to tell the truth about any relevant injury or illness history, making non-disclosure their liability not the MO's, without the MO having to repetitively go through all these questions verbally with each boxer.

(2) It provides suitable paperwork for the MO to make any notes they may have from the prebout medical, e.g. old deviated nasal fractures, etc, and on which to make contemporaneous notes during and after the bout, with only a summary of such (and any suspensions etc) being required into the ME3[45].

(3) It acts as a reminder to transpose any such contemporaneous notes onto DMICP at the next opportunity to do so, after which scanning on the form against that note before shredding disposal of all the single-use forms is easily arranged.

[45] The old practice of recording passes at prebout medicals into the ME3 is to cease.

f. At competitions between CSBA boxers and civilians with military MO medical cover, MOs may choose to request Annex E completion by the civilian boxers too.

4. **Documentation checks**. The ringside MO should check (at the pre-bout medical or on arrival to cover bouts if pre-bout medicals have already been done elsewhere) that all documentation is correct: ME3s including in the back a copy of an in-date Annex B (and signed off Annex Gs for female boxers) plus completed Annex Fs for each boxer if these are being used as recommended. If any problems are found, the Supervisor should be notified at once.

5. **Injury and suspension periods - Recording these into the ME3**. Certain injuries require periods of suspension from sparring and boxing (and normally from routine organised PT also[46]). These standard suspension periods are summarised at Annex H for quick easy reference. They have been substantially increased for safety reasons for boxers KO'd with Loss of Consciousness[47]. **All MOs undertaking ringside duties must familiarise themselves fully with these rules.**

a. These suspension periods are all minimum durations. The duration of the suspension may be increased at the discretion of the ringside MO but may not later be reduced by another MO who did not see the injury occur, except after liaison with SMO CSBA should this exceptionally appear appropriate. Such requests will be adjudicated upon by the CSBA Medical Board comprised of the SMOs/Medical Advisors of the SS Boxing Associations[48].

b. Suspension periods (and what the injury was) must be recorded by the MO **legibly** into the ME3 on the right hand side **in red ink** using the following wording (for a suspension of XX days):

'Unfit to box, spar or train for XX days AND until post suspension renewal annual medical re-examination has been passed'.

c. The suspended boxer's ME3 is to be retained by the Supervisor, for next-day forwarding to SS secretary, only to be released back to the boxer/coach when the secretary has evidence of a completed renewal annual medical[49]. This process will ensure the performance of the required renewal annual medical before sparring and boxing can recommence. The Supervisor is to issue the suspended boxer with a standard letter – to be produced by SS Boxing Association secretaries - detailing the restrictions to their general and sparring training until passed fit to resume sparring and boxing by passing via a renewal Annual Medical.

6. **Knock-Out (KO), Technical Knock-Out (TKO) and Technical Knock-Out – Injury (TKOI)**.

a. A **KO** is declared when the boxer cannot recover inside a 10 second count, whether that KO is from a body punch (a KO(B)) or from a head punch (a KO(H)). Much more commonly, there are multiple reasons to have a **TKO** or (infrequently) a **TKOI**, as explained below.

b. **TKO** attracts suspensions if any at the Ringside MO's discretion after a post-bout examination. Multiple possible causes of TKO are:

(1) Boxer outclassed or receiving excessive punishment or hard head blows (formerly classed as either 'RSC' or 'RSCH').

[46] If the suspension is over 30 days, this clearly may imply temporary downgrading action for the duration of the suspension period.
[47] On advice of concussion-expert-panel of SEM consultants to AIBA Medical Commission.
[48] Contact details are given at main text footnote 5.
[49] If there is a requirement for the boxer to resume boxing activity right after the end of the suspension period, e.g. if a next competition starts just after the end of the suspension, use of fax reporting of the pass of the medical from MO to SS secretary can ensure rapid return of ME3 to the boxer at once after the medical, by physically travelling to pick up the ME3 if timelines dictate this to be required.

(2) Bout stopped by the Referee at the discretion of the Supervisor following advice to the Supervisor by the Ringside Doctor[42].

(3) Boxer unfit to continue and fails to resume boxing after a 'Knockdown' (various causes of counts of eight seconds – see para 7 below for more details on this term).

(4) Maximum number of 8-second counts for one round is exceeded (see subpara 7e).

(5) Boxer retires voluntarily e.g. the Coach 'throws in the towel'.

(6) Boxer fails to resume boxing immediately after the end of the inter-round rest period.

(7) Boxer fails to recover to resume boxing within 90 seconds of being stopped by a low blow below the waistline.

(8) Boxer knocked out of the ring and cannot get back in again unaided within 30 seconds.

c. **TKOI** is applied when a boxer, in the opinion of Referee, is incapable of continuing due to some other injury sustained not from punches received[50].

7. **'Knockdowns'.**

a. A knockdown is defined under AIBA rules thus:

(1) The boxer touches the floor with any part of the body except the feet as a result of a blow or series of blows (i.e. not from a trip, stumble, slip or push).

(2) The boxer hangs helplessly on the ropes as a result of a blow or series of blows.

(3) The boxer is wholly or partly outside the ropes as a result of a blow or series of blows.

(4) Following a hard punch, the boxer has not fallen and is not lying on the ropes, but is in a semi-conscious state and cannot, in the referee's opinion, continue the bout.

b. **When a Knockdown arises**, the Referee calls 'Stop', calls and signs 'Time' to the timekeeper, directs the uninjured boxer to a neutral corner and begins to count from one to eight, stopping at eight if the boxer appears fit to resume boxing, or carrying on through nine and ten if the boxer appears unfit to continue, a 10-count then becoming a KO.

c. When a boxer has been knocked down as the result of a blow or series of blows, the bout must not continue until the Referee has reached the mandatory count of 8, even if the boxer looks ready to continue before 8 is reached **or** the round has come to a close already.

d. It is technically possible to have both boxers knocked down at the same time; should this arise, the count will be continued as long as one of them is still knocked down.

e. **Compulsory Count Limits[51]**. These only apply when a knockdown is the result of a legal blow:

[50] Quite unusual, e.g. ankle inversion in ring, shoulder dislocation, fractured hand or wrist, etc. Suspension applicable (if any) at MO's discretion depending what the injury actually is.

(1) **For adult males**, there is no limit to the amount of 8-counts applying across a whole bout; the limits are on numbers of 8-counts per round. A maximum of three 8-counts in one round is allowed; a 4th ceases the bout (lost by TKO).

(2) **For women, youth and junior competitions**, a maximum of four 8-counts per bout is allowed.

(3) Clearly the Referee has the discretion to stop the contest before these maxima are reached and in military boxing, frequently exercises this to prevent further injury to an outclassed boxer. If the MO is worried that the referee is not using such discretion but should be doing so, this concern is to be raised to the Supervisor, who can deal with it appropriately (as at sub-para 1c). In practice, a need for this this arises very infrequently.

8. **Post-bout medical examinations**

a. The MO **must** make a personal post-bout examination of any boxer losing by a KO, TKO or TKOI.

b. Entirely at their own discretion, the MO **may** make a post-bout examination of all the boxers after each bout, or may delegate this task to their assisting paramedics/medics for checks except those that the MO must make personally as at subpara 8a above[52]. Some MOs like to use a proforma approach to delegated checks, and an example form for use/modification is at Annex I.

9. **Lacerations Management**. As noted elsewhere in this leaflet, with the removal of head guards for adult male boxers, numbers of lacerations are expected to increase, particularly as boxers learn to box in the different styles needed to minimise these injuries whereas they have all been used to boxing with head guards on.

a. If a laceration is caused by a legal punch and the bout has to be stopped, the boxer who is cut will lose, even if clearly winning up to that point. If, much more frequently, a laceration is caused by a clash of heads considered by the referee to be accidental, the bout will be scored up to that point and the winner decided on points, in which case the cut boxer may win.

b. In multiday competitions, cut boxers may win and go through to the next day's boxing – if their cut did not need to stop the bout - or where the bout did have to be stopped but they won on points. When these cuts are closed with glue +/- steristrips +/- sub-cuticular sutures, these boxers may be passed fit to box at their next day's pre-bout medicals IF their cut was not in a serious category (below) and IF they choose to accept the obvious risk to them that their cut may well be re-opened by boxing again so quickly and is liable to be re-opened and need to be re-treated. If it was a serious category cut or they do not wish to proceed for the reasons stated, this will be a fail at the pre-bout medical. If the cut has had to be closed with conventional individual sutures, that also constitutes a fail at the pre-bout medical.

c. The authority to let a bout continue or not after a boxer is cut lies with the referee, who are all trained to distinguish the serious ones from those that do not need a stoppage (below). If the Ringside MO is concerned that an error may have been made, s/he should liaise with the Supervisor as at subpara 1c above. Normally, service referees will take all cuts to the MO for checking and then follow medical advice on fight continuance ort stoppage.

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[51] Note that there are substantial changes from the old rules about this aspect.

[52] Delegating in this way aids the flow of the competition with the MO only called from ringside to make post bout checks if concerns arise from their assistants' checks.

d. The referee and MO must stop the bout for all serious cuts i.e. as follows:

(1) Deep cuts anywhere on the face or head;

(2) Cuts to the forehead bleeding so profusely that bleeding obscures vision;

(3) Cuts over the supraorbital nerve, risking possible damage to that nerve;

(4) Cuts over the bridge of the nose, with a likely underlying nasal bridge fracture;

(5) Cuts over the tarsal plate of the eyelid, risking damage to that structure, but not necessarily cuts to the skin above that plate and upwards towards the eyebrow;

(6) Cuts over the tear duct, risking damage to that structure;

(7) Cuts involving the vermillion border of the lips, as these too readily tear if re-struck and too easily re-extend to cause serious damage and difficulty in repair.

e. More commonly, cuts do **not** fall into any of the above categories and need not stop the bout more than transiently to be checked that they are not serious as above. The commonest examples being to the eyebrow area, cheeks and forehead. Coaches are allowed to treat these in the inter-bout one-minute-interval including with digital pressure, steristrips and if trained its use (not yet common in service boxing), with topical application of adrenaline.

f. Boxing's international governing body AIBA have mandated the pre-match use of cavilon cream by boxers boxing without head guards – to be applied by the coaches once after the weigh-in and then again half an hour pre bout. This silicone based substance is considered to reduce the prevalence and severity of boxing lacerations and its use is AIBA-mandated despite some medical reservations as to its efficacy.

g. Fuller discussion of the points covered in this paragraph, including with pictures and diagrams, is available on a Powerpoint issued by England Boxing: copies are available on request from SMO CSBA or CSBA or SS Boxing Association Secretaries.

10. **Head Injury Advice Forms**. Annex J is a Head Injury Advice Card to be given to the boxer by the MO, paramedic or medic, with emphasis on alcohol avoidance, when that boxer has suffered a KO(H) or in cases of TKO when the MO deems it appropriate or to a boxer who did not lose to KO or TKO but who the MO considers from their own ringside observation to be at risk of concussion due to the number of head punches received in the bout. MOs should not routinely issue a copy of Annex J to all boxers post bout – experience is that 'blanket issue' risks 'blanket non-compliance' with the advice on the Annex.

11. **Referral of an injured boxer to hospital**. Before any boxing bout, it is good practice as a courtesy measure for the MO (or a delegated member of his/her team) to notify the nearest neurosurgical unit of the fact that boxing is to take place. Boxers should go to A+E or the neurosurgical centre by ambulance[53], with airways supported, on oxygen, in the following circumstances:

[53] Either the pre-positioned ringside ambulance or a 999 summoned one, A&E department to be notified whilst the boxer is on route.

a. Boxers to be transferred to A+E **without** MO escort. Any boxer – KO'd, TKO'd or otherwise - who shows signs of concussion at a post-bout check that do **not** rapidly improve with oxygen, but whose clinical condition is **not** such as to demand **immediate** transfer.

b. Boxers to be transferred immediately to neurosurgical centre **with** MO escort. Any boxer who suffers a Loss of Consciousness (LOC) and who fails to recover consciousness inside one minute OR any other boxer whose clinical condition is such that the MO deems it necessary. Urgent liaison with air ambulance transfer capability in such circumstances will normally be considered appropriate by evacuating paramedic staff.

(1) This requirement is rare. If it arises, this must be notified to SMO CSBA and SS Boxing Association Secretary preferably at once by voice or text and at the latest on the next working day.

(2) The tournament will be suspended unless a replacement suitable MO is present and a second alternative ringside ambulance is obtained and prepositioned if one has been designated as being necessary in terms of 999-response times as set out above.

12. **Injury follow up**.

a. A boxer who has a suspension applied will be issued with Annex K, Notice of Boxing Injury, to be passed on to the boxer's home MO. It is the responsibility of coaches to ensure that a boxer who has had a suspension applied, or had any other significant entry made by the MO in his ME3, reports sick for follow up examination on the next working morning after return to his unit. This ensures review by his own MO, certification of light duties or temp DG required[7], and retention of Annex K by scanning onto DMICP or in FMed4.

b. The MO is to use the DMICP boxing injury protocol for recording what has happened and the planned way ahead.

c. Unit boxing officers and coaches are to ensure that boxers on post-bout medical supervisions do not box, spar or train until cleared to do so by passing a post-suspension renewal annual medical with their unit MO.

d. At a post-suspension renewal annual medical, when the unit MO is satisfied that the boxer is recovered, s/he is to endorse the ME3 that a post-suspension renewal annual medical has been passed, and issue a renewed Annex B in the course of updating their DMICP record.

13. **Data recording on Injury and Non-Injury Rates**. There is a steadily accumulating evidence-base about service boxing rates of injury and non-injury, based on data collected on over 2500 boxers over 3+ years[54]. This approach has been endorsed as good practice by the Medical Sub-Committee of the Board of Boxing England and will be rolled out nationally in due course. To progressively address this in the services, this update of triservice boxing medical regulations introduces the new requirement for the submission of Annex L after each bout. This is to be done by the MO with the Supervisor and the completed Annex L is to be sent (email/fax) to their SS boxing association's SMO/Medical Advisor[55] as well as to SMO CSBA for addition of the data to the SS's and CSBA's databases for recording boxing injury and non-injury rates.

[54] For information on the latest stats on this, contact SMO CSBA. The data will be published in due course on a DPHC MOSS site and updated regularly
[55] Current holders of these appointments are noted at main text's footnote 5.

14. **MOs' Ringside Dress-code.** This is a matter for individual MO's discretion. Serving MOs may wish to wear **working dress**; mess kit is considered by many MOs to be unsuitable even though other officers may be wearing this to spectate. MOs who regularly provide ringside cover may wish to conform to SS BA Officials' Dress Code SOPs; if so, details on this can be had from SS Boxing Association Secretaries.

15. **Boxers' Dress-code and Protective Equipment.** All boxers are to dress in accordance with CSBA Constitution & Rules, including abdominal protector, head guard[56], gum shield, as necessary re specific requirements for female boxers, etc.

a. Gum-shields must fit properly[57] and must not be red coloured.

b. For female boxers, breast protector use is recommended but under AIBA rules must be fitted properly so that they only protect the 'protuberance of the breast tissue' and not beyond that. Protector use is recommended because the breasts are in the punch target area and contain fat which may form a lump of local dead fat (fat necrosis) if struck. There is no clear view yet on which is the best type or model of breast protector; more information may be sought via this link: http://www.abae.co.uk/aba/index.cfm/boxers/womens-boxing.

c. At annual and prebout medicals, MOs should ensure that female boxers understand the rationale for the wearing of protection, explaining that blows to the breast can potentially cause necrotic fat lumps so she must understand the necessity for regular self-examination and the immediate reporting of any lumps found.

Related Annexes E-K on ringside aspects:

F. Pre-bout Medical Examination
G. Female boxer pre-bout Medical Statement.
H. Ringside Injuries Suspension Periods Required.
I. Record of post-bout checks for medics.
J. Advice card for boxer's suffering head injury.
K. Notice of Boxing Injury to an Individual Boxer.
L. Record of Boxing Injuries and Non-Injuries in a Given Contest.

[56] Except adult male boxers - as explained elsewhere in this leaflet.
[57] See dental notes at page A-2 of Annex A. Ill-fitting gum shields that too readily drop out render the boxer liable to disqualification if this repeatedly happens in the ring, so heat-remoulding before prebout medicals are allowed to be passed may sometimes be necessary.

PRE- BOUT MEDICAL EXAMINATION

Surname:	Forename:	DoB:
Number:	Rank:	Unit:

ANSWER ALL QUESTIONS

How old are you?		
Do you ever wear glasses (spectacles) or contact lenses?	No	Yes
Have you had any significant illness or any surgical operations?	No	Yes
Have you ever been admitted to Hospital?	No	Yes
Have you had medical care of any problem from your MO recently?	No	Yes

Have you suffered from any of the following?

High blood pressure?	No	Yes
Any blood or bleeding disorders?	No	Yes
Epilepsy or any other type of fit, faint, convulsion or black-out?	No	Yes
Migraine?	No	Yes
Any eye disorders or operations?	No	Yes
Any broken bones or cuts needing treatment in the previous 6 months?	No	Yes

How are you today?

Do you presently have a cough, cold or runny nose?	Yes	No
Are you taking any medication now?	Yes	No
Has your health changed since your last medical?	Yes	No
Have you been unwell in the last month?	Yes	No
When did you last box?		
Were you injured at that time?	No	Yes
After your last bout, were you medically suspended for any reason?	No	Yes
Do you feel in 100% good health now?	Yes	No
Do you understand the sport-specific medical risks of boxing?	Yes	No
Do you wish to box today?	Yes	No

Boxer's Signature:	Dated:

Doctors Examination Notes:	General:
Hands:	
ENT (incl gum shield fit etc):	Eyes:
CONFIRMED FIT TO BOX : YES / NO	Date/Time of Medical
Doctor's Signature:	Name and Rank:
GMC Number:	Post:

Keep this form ringside for making contemporaneous notes or of post-bout medical aspects, to be transposed when appropriate onto DMICP on next working day and then shredded securely. If not required for DMICP updating then retain and shred.

In Bout Notes:		
Signed:	Dated:	Rank/Name:
Post Bout Medical Notes:		
Signed:	Dated:	Rank/Name:

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FEMALE BOXER PRE-BOUT MEDICAL STATEMENT

Number: Rank: Name:

Unit: DOB:

I certify that I am not pregnant and I confirm that I have no women's health issues that could affect my fitness to box.

To be signed at the prebout medical and witnessed by the MO.

Boxer's Signature:	**Date:**	**Witnessing MO's signature/name:**

MAKE AN A5 SIZED COPY OF THIS FORM AT THE ANNUAL MEDICAL AND FIX IT INTO THE BACK OF ME3 FOR RE-USE AT EACH BOUT.

RINGSIDE INJURIES SUSPENSION PERIODS REQUIRED

1. Suspension periods (and what the injury was) must be recorded by the MO legibly, i.e. using block capitals if necessary, into the ME3 on the right hand side in red ink using the following wording (for a suspension of XX days):
'Unfit to box, spar or train for XX days AND until post suspension renewal annual medical re-examination has been passed'.

2. Certain injuries require periods of suspension from sparring and boxing (and from normal organized PT also, temp-DG if necessary). These standard suspension periods are all minimum durations ***which may be increased at the discretion of the ringside MO***. [This guide is not exhaustive.]

Ser	Injuries	Minimum Suspension Period (No of days)	Notes
(a)	(b)	(c)	(d)
1	**TKO +TKOI**	MO's discretion 0-x	See Annex E Para 6.
2	**Concussion**	MO's discretion but usual default is 30	There may be signs of concussion (nystagmus the earliest and most sensitive) at a post bout check after any bout with multiple head blows exchanged. Depending on speed of resolution of signs, MO can choos to apply a suspension as for a KO(H) of 30 days upwards.
3	**Fractures of nose and mandible**	90 and 180	Nose fracture = 3m; mandible fracture = 6m
4	**Other fractures various**	30+	Nose and jaw periods specified in AIBA Medical Handbook; for others, duration required will vary depending on which fracture sustained, e.g. maxilla, hand, wrist, etc. Take advice from SMO CSBA if required.
5	**Laceration face/head**	MO's discretion 0-x	Commoner in adult male boxing without head guards. Boxers may compete onwards through a multi-day competition unsuspended with a laceration closed with glue, steristrips or sub-cuticular sutures but not with one needing closure with standard sutures. If the glued (etc) laceration should re-open when he boxes again, the same rules apply t re-closure and continuance over further rounds of such a competition.

Ser	Injuries	Minimum Suspension Period (No of days)	Notes
(a)	(b)	(c)	(d)
6	**Knock-Out due to body punch ['KO(B)']**	0-30	Suspension period - if any - at MO discretion. Note that delayed post bout examination is needed here: boxers are routinely endorphin-rich when boxing due to 'fight or flight' physiology: to be accurate and useful, examination of a KO(B) loser will need to be deferred long enough for th endorphins to wear off (30+ mins): check for example for rib fractures ar any intra-abdominal damage (though that is very rare).
7	**Knock-Out due to head blow ['KO(H)'] without actual loss of consciousness**	30	Unable to beat a referee 10-second-count but whilst might be dazed and disorientated, **not actually unconscious as such**.
8	**Second such event within 90 days of each other**	90	Restart post-suspension medical must be personally done by SMO CSBA or his direct delegate.
9	**Third such event within 365 days of each other.**	360	
10	**KO(H) with Loss Of Consciousness (LOC) for up to one minute**	90	Transfer to hospital for scan-exclusion of brain bleed **recommended**.
11	**KO(H) with LOC over one minute**	180	Transfer to hospital for scan-exclusion of brain bleed **mandatory**. Restart post-suspension medical must be personally done by SMO CSBA or his direct delegate.
12	**Second LOC within 3 months after end of suspension for LOC as above**	Double previous suspension period	
13	**Three LOC within 12 months**	540	

RECORD OF POST-BOUT CHECKS FOR MEDICS

Boxers Rank:	**Surname:**	**Forename:**
Number:	**Unit:**	**DoB:**

Was pt unconscious from a Knock Out (Head)	YES	NO
Was the bout stopped by the Referee for a TKO or TKOI	YES	NO
Is there a possible nasal, maxillary or mandibular fracture?	YES	NO
Is the boxer suffering from: Headache, Dizziness, Nausea, Vomiting or Visual problems	YES	NO

If YES to any of above – refer to MO.

Referred to MO: YES NO
Time referred to MO:

Tests – refer to MO if any abnormalities found on any of the below:

What's your name?	Correct	Not correct
Where are you?	Correct	Not correct
Pupils Equally Reactive to Light and Accommodation	Yes	No
Follow finger with eyes into lateral gaze with NO nystagmus	Yes	No

Read out one list of three words to the boxer and immediately ask them to repeat the words to you:

Apple Elbow Carpet
Candle Paper Sugar
Baby Monkey Perfume

Correct instant recall of the three words, in any order?	Correct	Not correct
Romberg's test	Normal	Abnormal
Stand on one leg, bend forwards at knee to 30 degrees knee flexion	Stable	Not stable
Heel to toe walking.	Stable	Not stable
Finger to nose. (Eyes closed)	Achieves	Misses
Sensation on chin, cheek and forehead.	Normal	Abnormal
Puff out cheeks.	Normal	Abnormal
Wrinkle forehead/screw up face.	Normal	Abnormal
Turn head fully without restriction, to left then to right	Yes	No
Shrug shoulders.	Left = right	not equal
Count down correctly from 10 down to 1	Yes	No
Check for any hint of dental or dento-alveolar injuries and if any found MO should refer to DO in morning for full dental check[58].	No injury	Possible injury or injury seen
Referred to MO: YES NO	Time Referred:	

[58] Despite use of a well-fitting mouth guard, dental injuries remain an inevitable risk which should be actively screened for post-bout.

RINGSIDE MEDICAL NOTES FOR POST BOUT CHECKING MEDICS

Boxers Rank:	**Surname:**	**Forename:**
Date:	**Bout Start Time:**	**Bout End Time:**

Bout Notes: highlight significant blows received incl 8 second counts, any possible injuries e.g. nose-bleeds or possible fractures, etc.

Round One:
Round Two:
Round Three:
Round Four (if undertaken):

ADVICE CARD FOR BOXER'S SUFFERING HEAD INJURY

LOOK OUT FOR ANY OF THE PROBLEMS LISTED BELOW –
SEEK MEDICAL HELP AT ONCE IF ANY OF THESE ARISE:

- Headache.
- Double or blurred vision.
- Giddiness or unsteadiness.
- Weakness or altered sensation in limbs.
- Drowsiness or strange behavior.
- Feeling of sickness or vomiting.
- Any other unusual symptoms.

IN ADDITION - FOR BOXERS WHO HAVE SUFFERED A KO(H), TKO OR TKOI:

- **Avoid all alcohol for the next 48 hours**, alcohol can mask and confuse medically important signs if you have any concussion-related problems arise.
- **You are required to visit your home Medical Centre tomorrow morning**; you need certification for only light training to allow injury-recovery, for as long your MO advises.
- **You have been suspended from training, sparring and boxing for the period of time that the ringside MO defined**, stated in ME3. Respect these **doctor's orders**. Time is needed to allow brain injuries sustained to settle down fully before you risk any further head blows.
- **You cannot resume sparring or boxing until you pass a repeat annual medical at the end of the suspension period,** so if you are in a hurry to get back in the ring after your suspension, book this medical ahead e.g. for the first working day after your suspension ends.

  You must also liaise with your coach to make sure you get your ME3 boxing booklet back from your Association Secretary in time for that re-medical.

NOTICE OF BOXING INJURY TO AN INDIVIDUAL BOXER

Name:	Rank:	Service Number:
Date:	Contest:	ME3 Number:
Medical Officer & GMC No:	Supervisor:	Referee:
MO work contact number:	Supervisor work contact number:	Referee work contact number:
Injury, treatment and any comments by the Ringside MO:		

The boxer named above has been given a Medical suspension of days, commencing immediately post-injury and is not permitted to box or spar until completion of the suspension period **and until they have passed a renewal Annual Boxing Medical Examination.**

	Medical Officer	Supervisor
Signature:		
Name:		
Rank		

This annex is to be completed by MO and Supervisor and handed to boxer/coach.

The annex is to be presented to the BOXER'S NORMAL MO by the boxer when reporting sick for mandatory next-day-checks.

The MO receiving this annex it to update DMICP with the data on here, an updated boxer examination status (using boxing injury protocol within the boxing protocol menus), form then to be scanned onto DMICP against that update consultation and then shredded.

RECORD OF BOXING INJURIES AND NON-INJURIES IN A GIVEN CONTEST

MO with Supervisor to complete all relevant serials at end of contest; MO then to return completed Annex to SS Boxing Associations SMO/Medical Advisor[59] via SMO CSBA.

Location of contest:	
Date of contest:	
Medical Officer details, incl mob contact numbers:	
Supervisor details, incl mob contact numbers:	

Number of bouts:	
Number of boxers participating (exclude walkovers):	

Total number of boxers without any apparent significant injury, even if lost on a TKO:	

Number of boxers losing TKO with injuries included below:	
Number of boxers losing TKOI with injuries included below:	

Number of boxers who lost KO(H):	
Also please specify recovery time(s) to consciousness in seconds, for each case if more than one.	

Number boxers who lost KO(B) without any requirement for suspension:	
Number boxers who lost KO(B) with a requirement for suspension:	
If KO(B) and needing suspension, specify why so:	

Laceration needing treatment (sutures, steristrips, glue):	
Laceration so minor needed no treatment as above:	
Specify locations of lacerations –	

Number of boxer(s) transferred to A+E for further asst by ambulance:	
Number of boxer(s) transferred to A+E for further asst by other vehicle:	
Boxer(s) transferred to A+E by ambulance with MO, contest suspended:	

Now please continue to complete page L-2 as required

[59] Via SMO CSBA who is on DII, currently DPHCS-ARB-ARB@mod.uk .

Numbers of boxers with injuries as below:	
Concussion:	
-specify management that was required for each case:	
Post bout disorientation:	
-specify for how long this lasted before normalised:	
Fractured nose:	
Significant epistaxis without nasal fracture:	
Fractured maxilla:	
Other facial fracture(s):	
(specify what)	
Any reported dental injuries:	
Fractured bone of hand:	
(specify which bone)	
Any other fracture:	
(specify what)	

Dislocated shoulder - primary dislocation that shoulder:	
Dislocated shoulder - recurrent dislocation that shoulder:	
Ankle inversion with no previous history with that ankle:	
Ankle inversion with previous history instability that ankle:	
Fracture, dislocation or other injury to hand or wrist:	
Other joint injury:	
(specify what)	

Ruptured tympanic membrane:	
Other ear injury:	
(specify what)	

Retinal detachment:	
Other eye injury:	
(specify what)	

Any other significant injury or medical issue arising:	
(specify what)	